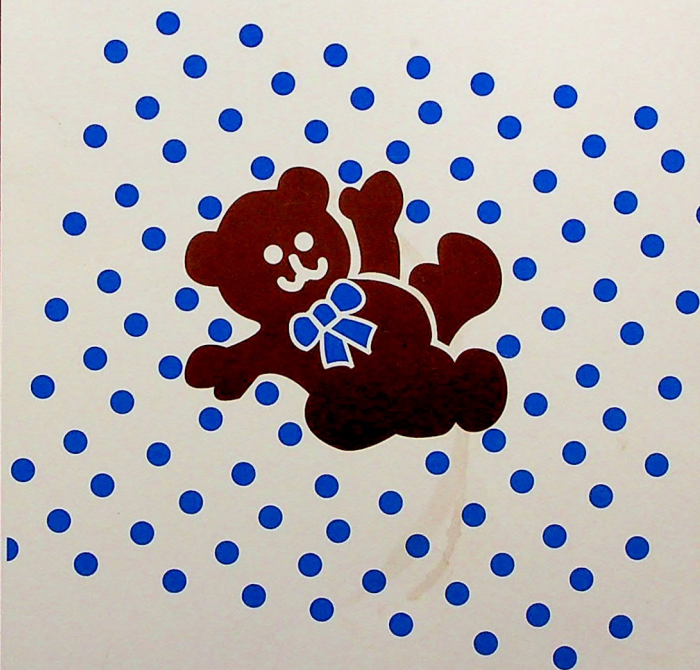


YUMMY TUMMY *Tempters*

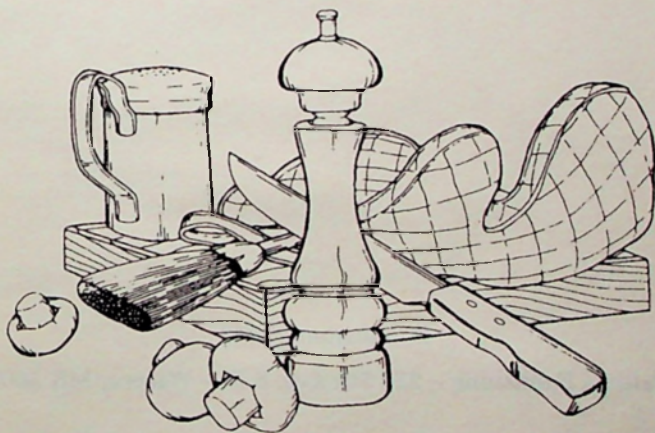


Recipes

Compiled By

Children's Home of Lubbock
(Cottage 4)

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Breads

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FRESH FROM THE OVEN

Water or milk (whole, skimmed, evaporated or reconstituted nonfat dry) are most often used for breads. Water makes the crust crisp, while milk produces a soft crust and a creamy white crumb. The liquid must be at the correct temperature; if it is too hot, it will kill the yeast; if it is too cold, the dough will take longer to rise.

Many different kinds of fat (butter, margarine, shortening, salad oil or lard) can be added to bread dough to improve flavor and make the dough stretch more easily. The bread will have a tender crumb and stays soft longer.

Eggs added to a yeast dough add flavor, color and nutrition. They soften the crust and give the interior a fine crumb.

Do not try to speed up the yeast in bread dough by increasing the amount of flour, sweetener or salt, or by adding ingredients. These will only make the bread heavier.

To test the rising of yeast dough: The dough is doubled when two fingertips pressed $1/2$ inch into it leaves dents that remain. If dents fill in quickly, let rise 15 minutes or longer and test again.

Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light, shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 tablespoon water.

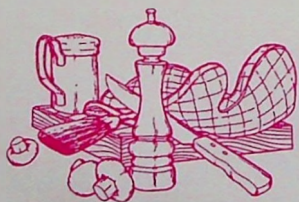
How can I test the vitality of yeast? Just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your microorganisms are dead or enervated and will not leaven your dough or batter.

When baking bread, if tops brown too quickly, cover loosely with foil. To test for doneness—tap top of loaf lightly with your fingertips. If it sounds hollow and is well browned on top, the bread is ready. Remove loaves from pans immediately so bottoms don't become soggy; cool on wire racks.

If you roll out dough between 2 sheets of waxed paper, dab some water under the bottom sheet and it won't skid away.

All ingredients for bread making should be at room temperature. It's important to use the right size pan.

Bread stores in a cool, dry place best. It may be kept in the refrigerator but will go stale more quickly. Bread keeps in the freezer for 3 months if tightly wrapped and you make sure to press out as much air as possible.



BEST BISCUITS

2 c. flour
3/4 tsp. salt
2 1/2 tsp. baking powder

5 tbsp. shortening
Approximately 3/4 c. milk

Sift flour and add baking powder and salt. Using a pastry cutter, cut in shortening until it resembles cornmeal. Add milk a little at a time, until soft dough is formed. Turn onto lightly floured wax paper. Knead 20 times, roll to 1/2 inch thickness and cut. Bake on an ungreased cookie sheet at 450 degrees for 12 to 15 minutes.

JALAPENO CORNBREAD

3 eggs
1 can cream corn
2 c. milk
1 1/2 c. grated Cheddar

3 c. cornbread mix
12 oz. jalapeno peppers
2 tbsp. sugar
1 med. onion, chopped

Mix all ingredients and pour into a large, greased pan, not more than an inch thick. Bake at 350 degrees until golden brown.

INDIAN BREAD

2 c. self-rising flour
1/2 c. water

1/8 tsp. salt

Knead on floured surface and mix to consistency of biscuit dough. Deep fry until golden brown. Dust with cinnamon-sugar, powdered sugar or top with honey.

WHOLE - WHEAT PEANUT BUTTER BREAD

- | | |
|------------------------|---------------|
| 2 c. whole wheat flour | 1 1/2 c. milk |
| 1 c. peanut butter | 1/3 c. sugar |
| 1 tsp. salt | 2 eggs |
| 4 tsp. baking powder | |

Mix dry ingredients in a large bowl, add peanut butter and mix to cornmeal consistency. Add milk and eggs, stirring until just mixed. Pour into a greased loaf pan. Bake at 350 degrees for 50 minutes or until brown.

HUSHPUPPIES

- | | |
|----------------------|----------------------|
| 2 c. cornmeal | 1 tsp. sugar |
| 1 tsp. salt | 1 tsp. baking powder |
| 1 tbsp. flour | 1/2 tsp. baking soda |
| 1 c. buttermilk | 1 egg, beaten |
| 1/4 c. chopped onion | |

Sift dry ingredients together. Combine egg and buttermilk and add to dry ingredients, stirring until mixture is moist. Drop by teaspoonfuls into deep, hot oil. Fry a few at a time. Brown on all sides.

CORNBREAD

- | | |
|--------------------------------|----------------------|
| 2 c. cornmeal | 4 tsp. baking powder |
| 2 c. flour | 2 tsp. sugar |
| 1/2 c. shortening or bacon fat | 2 tsp. salt |
| 3 c. buttermilk | 1 tsp. baking soda |
| | 4 eggs |

Heat oven to 450 degrees. Mix all ingredients and beat vigorously. Pour into 2 greased 9 x 13 inch baking pans. Bake until golden brown.

PLAIN BREAD MUFFINS

4 c. flour
2 tbsp. baking powder
1 tsp. salt
4 tbsp. sugar

2 eggs
2 c. milk
1/2 c. oil

Mix dry ingredients. Beat eggs, add milk and oil. Add to dry ingredients and stir just enough to moisten. Fill greased muffin tins 2/3 full and bake at 450 degrees for 20 minutes. Makes 24.

BANANA NUT BREAD

1 c. shortening
4 c. flour
2 c. sugar
4 eggs

1/2 tsp. baking powder
2 tsp. soda
2 bananas, crushed
1 c. chopped nuts

Mix all ingredients just until moist. Pour into greased and floured loaf pans or muffin tins. Bake at 350 degrees for 1 hour.

PUMPKIN BREAD

3 c. sugar
2 tsp. soda
1 c. oil
2 tsp. salt
1 tsp. nutmeg
4 eggs, beaten
1/2 tsp. ground cloves

1 (16 oz.) can pumpkin
1 tsp. cinnamon
3 1/2 c. flour
1 tsp. baking powder
1 tsp. allspice
2/3 c. water

Combine sugar, oil and eggs; add pumpkin and mix well. Sift dry ingredients together and add to pumpkin mixture. Add water, thoroughly beat and pour into 2 greased loaf pans and bake at 350 degrees for 1 hour.

GINGERBREAD

3/4 c. brown sugar
3/4 c. melted shortening

3/4 c. molasses

Mix together.

In a large bowl, combine:

2 eggs
2 tsp. baking powder
2 tsp. ginger
1/2 tsp. cloves
1 1/2 tsp. cinnamon

1/2 tsp. nutmeg
1/2 tsp. baking soda
1/2 tsp. salt
1 c. boiling water
2 1/2 c. flour

Add first mixture and mix well. Pour into greased and floured loaf pan or muffin tin. Bake at 350 degrees for 30 to 40 minutes.

ZUCCHINI SQUASH BREAD

3 eggs
2 c. sugar
3 c. flour
1 tsp. soda
3/4 c. nuts
1 1/4 tsp. baking powder

1 c. oil
2 c. seeded, unpeeled, grated squash
1 tsp. salt
2 tsp. cinnamon
1 tsp. vanilla

Mix oil, sugar and eggs, add squash, then add dry ingredients; mix well. Pour into greased and floured loaf pans. Bake at 350 degrees for 1 hour.

ZUCCHINI PINEAPPLE BREAD

- | | |
|--|--|
| 3 eggs | 2 tsp. baking powder |
| 1 tsp. nutmeg | 1/2 c. raisins |
| 2 c. sugar | 1 tsp. salt |
| 1 1/2 c. unpeeled, grated zucchini | 1 c. chopped pecans |
| 1 c. oil | 1/2 tsp. soda |
| 2 tsp. vanilla | 1 (4 oz.) pkg. instant vanilla pudding |
| 3 c. flour | 1 1/2 tsp. cinnamon |
| 1 (8 oz.) can crushed pineapple, drained | |

In a large mixing bowl, beat eggs, sugar, oil and vanilla until foamy. In another bowl, sift together flour, soda, baking powder, cinnamon and nutmeg. Combine with egg mixture; stir in zucchini, pineapple, raisins, pecans and pudding. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 1 hour.

APPLE NUT BREAD

- | | |
|---------------------|----------------------|
| 2 c. sugar | 2 tsp. vanilla |
| 2 tsp. baking soda | 4 c. flour |
| 1 c. shortening | 1 c. chopped nuts |
| 1 tsp. salt | 2 tbsp. sugar |
| 4 eggs | 2 tsp. baking powder |
| 4 c. chopped apples | 1 tsp. cinnamon |

Mix sugar, shortening, eggs and vanilla. Stir in flour, baking powder, soda and salt. Mix until smooth; stir in apples and nuts. Pour into 2 greased and floured loaf pans. Mix 2 tablespoons sugar and 1 teaspoon cinnamon and sprinkle over top of batter in pans. Bake at 350 degrees for 50 to 60 minutes or until toothpick inserted in middle comes out clean.

STRAWBERRY BREAD

- | | |
|---|-------------------------|
| 2 c. flour | 1 tsp. cinnamon |
| 2 c. sugar | 4 eggs |
| 1 tsp. baking soda | 1 1/4 c. oil |
| 1 tsp. salt | 1 1/4 c. chopped pecans |
| 2 (10 oz.) pkgs. frozen strawberries with juice, thawed | |

In a bowl, sift together flour, soda, salt and cinnamon. Set aside. In large mixing bowl, beat eggs, add oil and sugar. Gradually add flour mixture, strawberries and pecans. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 1 hour.

CARROT BREAD

- | | |
|-----------------|------------------------|
| 1 c. oil | 1 tsp. vanilla |
| 1 tsp. cinnamon | 2 c. grated carrots |
| 1 1/2 c. sugar | 1 1/2 tsp. baking soda |
| 1/2 tsp. salt | 1 c. pecans, chopped |
| 3 eggs | 1 c. sifted flour |
| 1/2 tsp. nutmeg | |

In large mixing bowl, beat eggs, oil, sugar and vanilla. Sift flour, soda, cinnamon, salt and nutmeg. Add to egg mixture; mix well. Fold in carrots and pecans. Pour into 2 greased and floured loaf pans. Bake 40 minutes at 350 degrees or until a toothpick inserted in the middle comes out clean.

EASY ROLLS

Blend together:

1/2 c. shortening
1/2 c. sugar

1 1/2 tsp. salt

Mix 1/2 cup very warm water with 1 package or 1 tablespoon yeast and 1 tablespoon sugar. Let stand 15 to 20 minutes. Add 1 egg to shortening and blend; then add 2 cups warm water and mix. Add yeast mixture and stir. Add 4 cups flour; mix well. Then add another 2 1/2 to 3 cups flour. Blend but do not over mix. Let rise until double, punch down and pinch into rolls. Bake at 450 degrees until golden brown. Makes about 3 dozen rolls. Dough will keep in refrigerator up to 3 days.

CINNAMON ROLLS

These are best if made the day before you bake them.

Mix together:

1 c. boiling water
1 c. shortening

1 c. sugar
1 1/2 tsp. salt

Add:

2 beaten eggs

Dissolve 2 tablespoons dry yeast in 1 cup warm water, add to first mixture. Mix in 6 cups flour. Cover and refrigerate at least 4 hours. Divide in half and roll out thin. Spread with soft butter and sprinkle with cinnamon and sugar. Roll up like a jelly roll, slice and let rise on a greased cookie sheet for about 2 hours. Bake at 425 degrees for 12 to 15 minutes. Ice with powdered sugar icing, if desired.

SOFT PRETZELS

Dissolve:

1 pkg. or 1 tbsp. yeast

1 1/2 c. warm water

Add:

1 tsp. salt

4 c. flour

1 tbsp. sugar

Knead until smooth, twist into shape. Brush with water, sprinkle with salt and bake at 425 degrees for 12 to 15 minutes.

BISCUITS

3 c. flour

1 tsp. baking soda

3 tbsp. baking powder

Mix above ingredients, then add enough buttermilk to moisten. Turn out on floured board and knead until the consistency of biscuits. Cut with biscuit cutter or glass. Bake at 400 degrees for 15 to 20 minutes.

BRAN MUFFINS

Combine:

2 c. 100% bran

2 c. boiling water

Allow to cool.

Cream:

1 c. oil

2 1/2 c. sugar

4 eggs

1 qt. buttermilk

5 c. flour

5 tsp. soda

Stir in bran mixture.

Add:

1/2 tsp. salt

1 lb. raisins

4 c. all-bran

Bake muffins at 375 degrees for 20 minutes. Will keep 6 weeks in refrigerator.

SOPAPILLAS

Use same recipe as for tortillas. Roll dough very thin. Cut into triangles and fry in very hot grease. If they don't puff out they are not thin enough, or the grease is not hot enough. They are good plain or topped with: honey, honey-butter, cinnamon-sugar or cocoa-sugar.

FLOUR TORTILLAS

6 c. flour
1/2 c. dry milk solids
2 tsp. salt

1 tbsp. baking powder
1/4 c. shortening
1 3/4 c. hot water

Mix salt, baking powder, dry milk and flour together. Add shortening and hot water and mix with fingers until well blended and fat is melted and evenly dispersed. Dough should be stiff enough not to stick to bowl. Knead on floured board for about 5 minutes. Cover and let stand 15 minutes. Divide into 24 portions and roll as thin as desired, but no more than 1/8 inch thick. Cook on greased griddle until brown on both sides. Stack tortillas and cover with foil to keep them from drying out. If your tortillas dry out while you are cooking them, then your griddle is too cool. They should fry very quickly. Turn them only once.

DUMPLINGS

3 c. flour
4 tsp. baking powder
1 1/2 tsp. salt

6 tbsp. Crisco
1 1/2 c. milk

Combine dry ingredients, cut in Crisco; stir in milk only until blended. Drop by spoonfuls onto chicken or meat in boiling stock (not in the liquid). Cook 10 minutes with kettle uncovered, then 10 minutes tightly covered. Remove dumplings and meat to hot platter. Make gravy and pour part around dumplings. Serve remaining gravy with meal.

Variations: Add 6 teaspoons parsley or chives or 1/2 teaspoon sage, celery salt or thyme to the dry ingredients. Add 1/2 cup grated cheese to dry ingredients.

BASIC PANCAKES

4 c. flour
3 tsp. baking powder
1/4 c. sugar
1 tsp. salt

2 eggs
2 c. milk
1/3 c. oil

In a large bowl, combine dry ingredients. Add eggs, milk and oil. Stir until well blended. Drop by 1/4 cup onto hot griddle. This is a thick batter, continue to add milk a little at a time until desired consistency.

EXTRA RECIPES

Cakes & Cookies



EVERYBODY'S FAVORITES

To improve an inexpensive cake mix, add one tablespoon butter to the batter for a richer tasting cake.

Discover baking with mayonnaise. Try substituting mayo as a shortening or oil—it blends easily, adds moistness and contributes toward a tender texture.

Throwaway Cake Plate—Save bottom cardboards from pizzas and cover with aluminum foil. Great if you are donating a cake or pie to a cake sale.

Dip spoon in hot water before measuring lard, butter, etc.—it will slip off the spoon more easily.

Put flour in a large salt shaker and use for dusting cake pans. It is less messy and doesn't waste flour.

For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their highest volume if beaten at room temperature). Cream of tartar or sugar added to the egg whites will increase the stability of the foam...the sugar should be added a little at a time. Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc. are completely free of oil—any trace of oil will prevent the egg whites from fluffing up.

Don't grease cookie sheets or cookies will tend to spread too much. When baking several batches in succession, let sheets cool before placing more dough on them or the dough will soften and spread and finished cookies will be misshapen. If you don't have enough spare cookie sheets, use inverted baking pans.

Any recipe which says, "and add one egg," can be made better by separating the white and yolk. This white, when beaten separately, adds bubbles, tenderness and makes the finished product lighter. This is true for nearly all boxed items.

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO—Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

If your layer cakes stick to the bottom of their pans, return them to a warm oven briefly. The layers will come out intact in just a short time.

For baking cakes, use shiny metal pans or pans with a nonstick finish. Avoid dull, dark or enamel pans which can cause uneven and excessive browning. If using glass or porcelain-coated aluminum pans, reducing the oven

temperature 25 degrees F. If baking more than 1 at a time, arrange the pans in the oven so that you get the best air flow—stagger them from one shelf to another, not one directly on top of the other. Do not have a pan touching the walls of the oven or touching another pan. Good air flow is very important to proper baking. (This is true for trays of cookies also.)



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7 LAYER COOKIES

In a 9 x 13 inch pan, melt 1 stick of margarine. Pat in 1 package or 1 cup graham crumbs. Sprinkle 1 small package chocolate chips, 1 package butterscotch chips and 1 cup coconut. Top with 1 can sweetened condensed milk and 1 cup chopped nuts. Bake at 350 degrees for 30 minutes. Cool and cut into squares.

GRANDMA GRUDIER'S KULOCHIES

1/2 c. butter
3 oz. cream cheese

1 c. flour
Apricot or other preserves

Mix butter, cream cheese and flour well. Make a roll and cut into 16 pieces or cut with a round cookie cutter. Fill 1/2 with preserves, fold over and press edges together with a fork. Bake at 400 degrees for about 12 minutes. Dust with powdered sugar.

SUGAR JUMBLES

1 c. soft shortening
2 eggs
1 c. sugar
1/2 tsp. soda

2 1/4 c. sifted flour
1 tsp. salt
2 tsp. vanilla

Mix all ingredients and drop by teaspoonfuls onto a greased cookie sheet and bake at 400 degrees for 12 minutes.

BUTTER COOKIES

3 c. butter	1 1/2 tsp. soda
2 c. brown sugar	7 c. flour
2 eggs	1 1/2 tsp. vanilla

Cream butter and sugar. Add eggs, soda, flour and vanilla. Mix well and drop by teaspoonfuls on cookie sheet. Bake at 375 degrees until light brown.

CHOCOLATE NO - BAKE COOKIES

1 c. butter or margarine	2/3 c. cocoa
4 c. sugar	1 c. milk
1 c. peanut butter	2 tsp. vanilla
2 c. oatmeal	

Combine sugar, butter, milk and cocoa in a large sauce pot. Bring to a boil and boil for 3 minutes, stirring constantly. Remove from heat and add peanut butter and vanilla; stir in oatmeal and mix well. Drop by teaspoonfuls on waxed paper until cool.

Annette Hartpence

FUDGIE UPSIDE DOWN CAKE

2 c. mini marshmallows

Line the bottom of a tube pan with marshmallows.

Combine and mix well:

1/2 c. cocoa	2 c. hot water
1 c. brown sugar	

Pour over marshmallows. Prepare one cake mix, any flavor, according to directions and pour over above ingredients. Bake at 350 degrees for 45 minutes or until done.

FRENCH SILK FILBERT CAKE

**1 yellow cake mix, butter
recipe**

2 c. chopped filberts

Prepare cake mix according to package directions and stir nuts into batter. Pour into 2 greased and floured layer pans. Bake according to package directions. Cool 10 minutes. Remove from pans and cool completely. Frost and press 1 cup chopped nuts into side of cake. Garnish top with whole filberts.

ORANGE SUNSHINE CAKE

**1 yellow cake mix
10 oz. orange marmalade**

2 tsp. grated orange peel

Prepare cake mix according to directions, decreasing water to 1 cup. Add marmalade and orange peel. Pour into a greased and floured bundt pan. Bake at 350 degrees for 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes in pan; remove and cool completely. Frost and serve.

COFFEE CAKE

7 1/2 c. flour
1 1/2 tsp. salt
1 tbsp. cinnamon

1 1/2 tsp. nutmeg
2 tbsp. baking powder
6 c. sugar

Work in:

2 c. shortening (reserve 3 c.
for topping)

Add:

3 c. sour milk

6 eggs

Put in a 9 x 13 inch pan or bundt pan. Bake at 350 degrees for about 30 minutes. Makes 3 cakes.

BANANA SPLIT CAKE

2 tbsp. sugar
1 stick margarine, melted
2 c. graham cracker crumbs
2 sticks margarine, soft
enough to cream
1 tsp. vanilla
2 c. powdered sugar
2 lg. bananas, sliced

20 oz. crushed pineapple
sweetened with 1/2 c.
sugar
1 c. shredded coconut
1 c. sliced strawberries
1 c. chopped pecans
2 c. heavy cream whipped
with 2 tbsp. sugar

Combine sugar, melted margarine and graham cracker crumbs; mix well and line bottom of 9 x 13 inch dish. Combine soft margarine, vanilla and powdered sugar; beat 15 minutes on medium speed. Pour over crumbs. Layer remaining ingredients in listed order and top with extra strawberries. Refrigerate several hours, cut into squares and serve.

BLACK FOREST CAKE

- | | |
|---|--------------------------|
| 1 2/3 c. chilled Cool Whip | 2 1/4 c. flour |
| 3 eggs | 1 1/2 c. sugar |
| 1 tsp. almond extract | 2 1/4 tsp. baking powder |
| 3 oz. unsweetened chocolate squares, melted | 1/2 tsp. salt |

In a chilled bowl, beat cream until stiff. Beat eggs until thick and lemon colored. Fold eggs, chocolate and almond extract into cream. Stir together remaining ingredients and gently fold into above until well blended and uniformly brown. Pour into greased and floured layer pans and bake at 350 degrees for 30 to 40 minutes. Cool on wire racks.

Chill a can of cherry pie filling. In a chilled bowl, beat 1 1/2 cups Cool Whip and 1/4 cup powdered sugar until very stiff. Make and edge of cream around the first layer and put cherries in middle, top with next layer. Frost the sides with cream. Design top and garnish as desired. Store in refrigerator.

HOT FUDGE CAKE

- | | |
|-----------------------|--------------------|
| 1 1/2 c. flour | 1/2 tsp. salt |
| 1 c. sugar | 1 tsp. baking soda |
| 3 heaping tbsp. cocoa | |

Sift together and form a well.

- | | |
|----------------|-----------------|
| 1 c. ice water | 1 tbsp. vinegar |
| 6 tbsp. oil | |

Pour into well. Mix with spoon until well blended. Pour into a greased and floured 9 x 13 inch pan. Bake at 350 degrees until toothpick inserted in center of cake comes out clean. Poke holes in cake and pour hot icing over cake.

ICING:

- | | |
|------------------|--------------------------|
| 2 c. sugar | 1/2 c. milk |
| 1/2 c. cocoa | 2 tbsp. light Karo syrup |
| 1/2 c. margarine | |

Boil 2 minutes. Add 2 teaspoons vanilla and stir. Pecans may be added if desired. Pour over hot cake, cut and serve.

MOM BLACK'S CARAMEL CAKE

Lightly grease a tube pan and line with 2 to 3 cups mini marshmallows.

1 lb. dark brown sugar

1 3/4 c. boiling water

Mix together and pour over marshmallows.

1 white cake mix

1 c. water

1 pkg. instant vanilla

3 eggs

pudding

1 tsp. vanilla

1/2 c. oil

Mix together and pour over above. Bake at 350 degrees for 55 to 60 minutes.

HO HO CAKE

Prepare and bake a chocolate cake according to package directions.

5 tbsp. flour

1 1/4 c. milk

Make filling and cook until thick.

Cream:

1 c. sugar

1/2 c. margarine

1/2 c. Crisco

Add to flour mixture, beat until REAL fluffy. Cake should still be warm when you put the filling on.

FROSTING:

1/2 c. margarine

6 tbsp. cocoa plus 2 tbsp.

1 tsp. vanilla

margarine

2 1/2 tbsp. hot water

3 c. powdered sugar

1 egg

Melt margarine. Add cocoa and rest of ingredients. Beat well. Ice cake when cool.

BUTTERMILK CAKE

2 c. sugar	1/2 tsp. baking powder
1 c. shortening	2 c. flour
4 eggs	1 tsp. vanilla
1/4 tsp. salt	1 tsp. lemon extract
1/4 tsp. soda in 1 c. buttermilk	

Cream sugar and shortening. Beat eggs into mixture one at a time. Dissolve soda in buttermilk and add to creamed mixture. Add all dry ingredients and mix well. Pour into a greased and floured tube or bundt pan. Bake at 350 degrees for 1 hour.

ICEBOX COOKIES

2 c. brown sugar	1 c. chopped nuts
1 tsp. soda	1 c. Crisco
2 1/2 c. flour	2 eggs
1 tsp. salt	

Mix all ingredients well. Divide into 4 or 5 rolls and wrap in wax paper. Place in refrigerator and use as desired. Cut each roll into slices and bake in moderate oven until crisp.

CHOCOLATE - NUT BRANDIED TORTE

1 yellow cake mix	1/3 c. chopped nuts
1/3 c. semi-sweet chocolate chips	1/4 to 1/3 c. brandy or 1 tsp. brandy flavor

Prepare cake mix as directed. Stir chocolate chips and nuts into the batter; pour into 2 greased and floured layer pans and bake as directed. Poke hot layers with a fork and drizzle with brandy. Cool 10 minutes, turn out on to wire racks, cool completely. Frost with brandied whipped cream, garnish as desired. Store in refrigerator.

CHOCOLATE 'MALLOW NUT SUNDAE CAKE

1 devil's food cake mix
1 c. water
1 c. chocolate syrup

2 c. mini marshmallows
1/2 c. chopped walnuts
Ice cream

Combine water and syrup; pour into 2 layer pans or one 9 x 13 inch pan. Sprinkle marshmallows and nuts over top. Prepare cake mix as directed. If using 2 layer pans, pour 1/2 of batter into each pan. Bake at 350 degrees for 45 to 50 minutes. Cut into squares while still warm and spoon with chocolate mixture. Top with ice cream and serve.

FESTIVE CHOCOLATE CAKE

8 oz. Baker's German sweet
chocolate
3 tbsp. water
6 oz. softened cream cheese
2 c. powdered sugar

1 tsp. vanilla
28 oz. Cool Whip, thawed
2 round cake layers, baked
and split into 4 layers

Stir chocolate and water over low heat until melted. Beat into cream cheese. Add sugar and vanilla. Blend 1/2 with Cool Whip, reserving 1 cup for decorating. Fill layers with remaining mixture. Frost top and sides with chocolate frosting. Store in refrigerator.

CHOCOLATE SWIRL CHEESECAKE

1 chocolate pie crust
12 oz. cream cheese,
softened
1/2 c. sugar
2 eggs

2 tsp. vanilla
Dash of salt
1/2 c. semi-sweet chocolate
chips, melted

Cream cheese and sugar until smooth. Add eggs, vanilla and salt. Beat until well blended. Place crust on baking sheet and pour filling into crust. Drop chocolate by teaspoonsful onto filling and swirl with tip of knife. Bake on baking sheet 25 to 30 minutes or until a knife inserted in the center comes out clean.

PEANUT BUTTER CAKE

1 1/2 c. flour
2 tsp. baking powder

1/4 tsp. salt

Blend together and set aside.

1/4 c. plus 3 tbsp.
shortening
3/4 c. plus 1 1/2 tbsp.
brown sugar

1/2 c. plus 2 tsp. peanut
butter

Cream.

3 1/2 eggs

2 tsp. vanilla

Add to creamed mixture and beat for 1 minute. Alternately add 1/2 cup milk and dry ingredients to creamed mixture, beating well after each addition. Bake at 350 degrees for 30 minutes.

LIGHTNING CAKE

2 c. sugar	3/4 c. oil
2 tsp. vanilla	4 eggs
3 c. flour	2 c. milk

Mix dry ingredients, add eggs, milk, vanilla and oil. Mix well. Bake at 350 degrees for 35 minutes.

FROSTING:

1/2 c. butter	6 tbsp. milk
4 tsp. cocoa	

Bring to a boil. Remove from heat.

Add:

1 lb. powdered sugar	1 c. chopped nuts
1 tsp. vanilla	

Poke holes in cake and pour hot icing over hot cake.

GIANT CHOCOLATE CHIP COOKIES

1 c. butter, softened	2 eggs
1/2 tsp. salt	12 oz. chocolate chips
1 tsp. vanilla	2 1/4 c. flour
1 c. packed brown sugar	1 tsp. baking soda
1/2 c. sugar	3/4 c. chopped pecans

Cream butter and gradually add sugar, beating until light and fluffy. Add eggs and beat until blended. Combine flour, soda and salt; add to creamed mixture, mixing well. Stir in vanilla, chocolate chips and pecans. Divide into thirds and spread into 8 1/2 inch circles on ungreased cookie sheets. Bake at 375 degrees for 12 to 14 minutes or until golden brown. Let cool slightly on cookie sheet, then carefully move to a wire rack to cool completely. Makes 3 - 10 inch cookies.

MAGIC COOKIE BARS

- | | |
|---|--|
| 1/2 c. margarine | 1 1/3 c. coconut |
| 1 c. chocolate or
butterscotch chips | 1 c. chopped nuts |
| 1 1/2 c. graham cracker
crumbs | 1 (15 oz.) can sweetened
condensed milk |

Pour melted butter into bottom of 9 x 13 inch pan. Sprinkle crumbs evenly over melted butter, sprinkle nuts over crumbs, sprinkle chips over crumbs and then sprinkle coconut over chips. Pour sweetened condensed milk evenly over coconut. Bake at 350 degrees for 25 minutes.

STRAWBERRY JELLO FILLING FOR ANGEL FOOD CAKE

- | | |
|---|--------------------------------------|
| 1 (6 oz.) pkg. strawberry
Jello | 1 (12 oz.) container of Cool
Whip |
| 2 c. hot water | |
| 2 (10 oz.) pkgs. frozen
strawberries | |

Dissolve Jello in hot water. Add strawberries and mix well. Fold Cool Whip into thickened Jello mixture. Pour over angel food cake that has been cut into small pieces. Refrigerate. Different kinds of berries may be used.

COOKIE CAKE

- | | |
|------------------------|-----------------------------------|
| 1 yellow cake mix | 1 can sweetened condensed
milk |
| 12 oz. chocolate chips | 1/2 bag Heath
Bits-O-Brickle |
| 1 egg, beaten | |
| 1 c. chopped pecans | |

Combine milk and egg. Add cake mix and pecans. Pour into pan and top with chocolate chips and Bits-O-Brickle. Bake at 350 degrees for 30 to 35 minutes. Tastes better if you let it set for 1 day.

SUGAR COOKIES

1 c. butter or margarine	5 c. flour
1 c. sugar	1 tsp. salt
1/4 c. milk	2 1/2 tbsp. baking powder
2 eggs	1 tbsp. vanilla

Cream butter and sugar; add eggs. Then add all dry ingredients and mix thoroughly. This dough will be very stiff. Roll dough to about 1/4 inch thick on a lightly floured surface. Cut and place on a greased cookie sheet. Bake at 375 degrees until very light brown.

ORANGE CANDY COOKIES

1 1/2 c. packed brown sugar	1/2 c. chopped nuts
1/2 c. Crisco	1 lb. chopped orange slice
2 eggs	candy
1 tsp. soda	1/2 c. flour
1 1/2 c. sifted flour	1 tsp. salt
1/2 c. rolled oats	

Cream sugar and shortening until light; add eggs and beat well. Sift together flour, soda and salt and add to first mixture. Fold in candy, rolled in 1/2 cup of flour, nuts and oats. Roll into walnut sized balls and place on a greased cookie sheet. Press down with fork until 3/8 inch thick. Bake at 325 degrees until lightly browned.

RED VELVET CAKE

1/2 c. shortening
1 tsp. salt
1 1/2 c. sugar
1 c. buttermilk
2 eggs
1 tbsp. vanilla

2 tbsp. cocoa
1 tsp. soda
2 oz. red food coloring
1 tbsp. vinegar
2 c. flour

Cream shortening with sugar; add eggs. Combine cocoa and food coloring to make a paste. Stir into creamed mixture. Sift flour and salt together, then with electric mixer on medium speed, add alternately with buttermilk. Blend well and add vanilla. Combine vinegar and soda and add to batter while still foamy. Stir gently, do not beat. Bake in 2 greased and floured layer cake pans at 350 degrees for 30 to 35 minutes.

ICING:

3 tbsp. flour
1/2 lb. butter, NOT
margarine

1 c. milk
1/2 tsp. vanilla
1 c. sugar

Cook flour and milk over medium heat until thick, stirring constantly. Cool. Add sugar, butter and vanilla. Beat at high speed until smooth and creamy. Spread on cooled cake. Icing will take a length of time to set, it resembles whipped cream when cooled.

CHOCOLATE CHIP COOKIES

Cream until fluffy:

1 c. Crisco
1 c. brown sugar

1/2 c. sugar
1 tsp. vanilla

Add and mix well:

2 eggs

Add and mix well:

2 1/4 c. flour
1 tsp. baking soda

1 tsp. salt

Stir in:

2 c. chocolate chips

Bake at 375 degrees for 8 to 10 minutes.

Janie Harms

BANANA BARS

2 c. flour
2 eggs
2 tsp. baking powder
1/2 tsp. salt
1 c. mashed bananas
1/4 c. shortening

1 c. sugar
1/2 tsp. lemon extract
1/2 tsp. vanilla
1/2 c. chopped nuts
Powdered sugar

Cream sugar and shortening; add eggs. Alternately add dry ingredients and mashed bananas. Add flavorings and nuts; beat well. Spread batter in greased 9 x 13 inch pan. Bake at 350 degrees for 30 minutes. Sprinkle with powdered sugar and cut when cooled.

CHOCOLATE INDIAN BARS

1 1/4 c. butter

3/4 c. cocoa

Melt in 2 quart saucepan.

Add:

2 1/4 c. sugar

4 eggs

Mix well and remove from heat.

1 1/2 c. flour

2 tsp. vanilla

1 tsp. baking powder

Combine into above mixture and mix well. Pour into a greased 9 x 13 inch pan and bake at 350 degrees for 35 to 40 minutes.

CHOCOLATE CHIP CAKE

1 box yellow cake mix

3 eggs

1 sm. box instant chocolate
pudding

8 oz. sour cream

6 oz. (sm. pkg.) chocolate
chips

3/4 c. oil

3/4 c. water

Mix together cake mix, pudding, oil, water and eggs for 4 minutes. Add sour cream and chocolate chips. Grease and flour tube pan, cook at 325 degrees for 1 hour to 1 hour and 15 minutes.

Shelby Anderson

EXTRA RECIPES

CHOCOLATE CHIP CAKE

Desserts



DEFINITELY DESSERT

Fudge won't "sugar" if you add a dash of cream of tartar.

Soften "hard as a rock" brown sugar by placing a slice of soft bread or 1/2 an apple in the package and closing tightly. In a couple hours the brown sugar will be soft again.

Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.

Use a pizza cutter to cut bars or bar-cookies into nice, smooth squares in half the time.

The more egg yolks in doughnut dough, the less grease they will absorb when fried.

A few potato slices added to the oil will keep doughnuts from burning.

After mixing the dough for doughnuts, put in refrigerator at least 1 hour to make it easier to handle.

Sweetened condensed milk and evaporated milk are entirely different products and cannot be used interchangeably in recipes. Sweetened condensed milk is fresh, whole milk with 60% of the water removed and 45% cane sugar added (sugar acts as a preservative). Evaporated milk is whole milk from which water is removed but no sugar is added. Sweetened condensed milk has a much thicker consistency and is great for desserts because it will not get "sugary" when heated and will not form ice crystals in frozen desserts. Also, it thickens without heat when combined with an acid such as lemon, orange, pineapple or apple juices.

If you are melting chocolate in a double boiler or a custard cup set in a pan of water, do not boil the water as this will only thicken or curdle the chocolate.

To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

The key to successful custard preparation is low heat; high heat causes the eggs to curdle, resulting in lumpy, thin mixtures. Either cook custard in a double boiler or if cooking over direct heat, always use a heavy saucepan. Stir the mixture constantly with a whisk. Check thickness by lifting the spoon from custard and holding it for 15 to 20 seconds; if the spoon does not show through mixture, the custard has thickened to the correct consistency.



YELLOW JELLO

- 2 (3 oz.) pkgs. lemon jello
- 1 (20 oz.) can crushed pineapple
- 3 (8 oz.) pkgs. cream cheese
- 1 (8-12 oz.) container cool whip

Dissolve jello in 1 c. boiling water. Drain pineapple and add the juice (1 c.) to jello. Set aside. Heat pineapple and 1/2 c. sugar to melt. Add cream cheese. Stir in jello. Fold in 1 container cool whip. Pour into a 9 x 13 inch pan. Refrigerate over night. Cut into squares before serving.

MAGIC COBBLER

- | | |
|----------------------------|----------------------|
| 1/2 c. butter or margarine | 2 tsp. baking powder |
| 1 c. sugar | 2/3 c. milk |
| 1 c. flour | 1 lg. can peaches |
| 1/4 tsp. salt | 1/2 c. sugar |

Place butter in a 9 x 13 inch pan, place in oven and melt butter. Set aside and mix peaches and 1 cup sugar; let stand while making the batter. Mix 1/2 cup sugar, flour, salt, baking powder and milk, stirring until mixed well. Pour over butter in pan, then pour peach mixture over batter. Bake at 425 degrees until top is a medium brown. Serve hot or cold.

CHERRY DELIGHT

- | | |
|--|------------------------------|
| 1 (20 oz.) can undrained,
crushed pineapple | 1 lg. can cherry pie filling |
| 1 1/2 c. pecans | 1 yellow cake mix |
| | 3/4 c. melted margarine |

Put fruit in bottom of baking pan, crumble cake mix over fruit, pour melted margarine over cake mix. Top with pecans. Bake at 350 degrees for 1 hour.

APPLE CRISP

1 c. flour
1/2 tsp. salt
1 c. dry milk
2 tsp. cinnamon
1 c. sugar

1/2 c. butter or margarine
1/2 tsp. nutmeg
6 c. sliced apples
3/4 c. water

Mix all dry ingredients, then cut in butter until mixture is crumbly. Arrange apples in a 9 x 13 inch baking pan; add water to apples. (If canned apples are used, omit the water.) Sprinkle with dry ingredients and bake at 350 degrees for 30 minutes or until top is golden brown. Serve hot or cold.

KANSAS DIRT CAKE

16 oz. Oreos
1/2 c. margarine
8 oz. cream cheese
1/2 c. powdered sugar
1 tsp. vanilla

6 oz. instant vanilla or
chocolate pudding mix
3 c. milk
8 oz. Cool Whip

Crush cookies to resemble potting soil. Melt margarine and cream cheese; add powdered sugar and vanilla. In a large bowl, combine pudding and milk and mix until smooth. Add to cream cheese mixture and mix well. Fold in Cool Whip. Top with crushed cookies and chill.

Don't be afraid to be creative with this recipe, (i.e. serve in real flower pots with silk or real (wrap the roots) flowers, etc.).

SUGARLESS FUDGE

6 oz. cream cheese
1/4 c. nuts
4 tsp. milk
2 tsp. vanilla

5 tsp. chunky peanut butter
1 pkg. diet chocolate
pudding mix

Beat together cream cheese, milk, vanilla and pudding mix. Use sweetener to taste. Stir in nuts and peanut butter. Spread in buttered pan and chill in freezer until solid.

BANANA PUDDING SUPREME

- | | |
|--|---|
| 1 (8 oz.) pkg. cream cheese,
softened | 4 bananas, sliced |
| 2 c. milk | 1 (6 oz.) pkg. instant vanilla
pudding |
| 1 (14 oz.) can sweetened
condensed milk | 8 oz. Cool Whip, thawed |
| | 1 (12 oz.) box vanilla wafers |

Cream cheese until smooth. Stir in sweetened condensed milk, milk and pudding mix. Fold in 1/2 the Cool Whip. Layer pudding, cookies and bananas in a dish, top with remaining Cool Whip and chill.

CINDI'S SURPRISE

- | | |
|----------------------------------|----------------------------|
| 16 oz. cream cheese,
softened | 1 tsp. vanilla |
| 8 oz. Cool Whip, thawed | 1 c. sugar |
| 1/2 c. milk | 1/2 c. margarine, softened |

Cream cheese, butter and sugar until smooth. Add milk and vanilla. Fold in Cool Whip. Pour into graham crust and chill. Top with your favorite pie filling or enjoy plain. Makes 2.

Cindi Black

PAPER THINS

Line a greased jelly roll pan with whole graham crackers.

- | | |
|------------------|-------------------|
| 1 c. brown sugar | 1 c. chopped nuts |
| 1 c. butter | |

Bring to a boil and boil for 1 minute. Pour over graham crackers and bake at 350 degrees for 8 minutes. Cut into squares before they cool.

Janie Harms

FRENCH SILK PIES (3)

1 1/2 c. butter
2 1/4 c. sugar
3 tsp. vanilla

6 eggs
6 sq. unsweetened chocolate,
melted

Cream butter; gradually add sugar. Blend in cooled chocolate and vanilla. Add eggs, 1 at a time, beating 5 minutes after each addition at medium speed. Turn into baked pie crust or graham cracker crust. Chill at least 4 hours or overnight.

As a substitute for the squares of chocolate: 6 envelopes choco-bake or 1 1/4 cup solidly packed cocoa with 1/2 cup butter.

ORANGE SNACKIES

1 c. softened butter
1 lb. sifted powdered sugar
Grated rind from 1 orange

1/2 c. orange juice
1 1/2 loaves of bread

Blend butter, sugar and orange rind. Gradually add orange juice and whip thoroughly. Trim crust from bread and spread with orange mixture. Cut into halves or quarters and toast under broiler until golden brown. Serve warm or cold.

Annette Hartpence

POPCORN BALLS

5 qts. popped popcorn
1/2 c. white Karo syrup
1 1/2 c. water

2 c. sugar
1/3 tsp. salt
1 tbsp. vanilla

Discard any grains of the corn that are not tender and put the perfect kernels in a large pan. In another large saucepan, combine sugar, syrup, salt and water; stir until well mixed and then bring to a boil. Boil without stirring to 260 degrees or until candy threads from spoon. Add vanilla; remove from heat and slowly pour over popcorn, stirring and turning so that every kernel will be covered with syrup. Grease hands and shape popcorn into balls. Wrap in waxed paper.

Annette Hartpence

CHERRY DELIGHT

1 can Eagle Brand milk
1 lg. can crushed pineapple,
drained

1 can cherry pie filling
1 lg. carton Cool Whip
1 c. chopped pecans

Mix well. Tastes better if served cold.

Thelma Davenport

EXTRA RECIPES

ORANGE SNOOKIES

POPCORN BALLS

Main Dishes



TEMPTING MAIN DISHES

Pasta is a superb main dish—hot or cold! Cook plenty—use some for traditional pasta with sauce. Save some for the refrigerator. Use part of the saved pasta in a hotdish the next day, and the third day, use the balance of the pasta for a hearty salad. Pasta can be combined with any number of vegetables, along with your favorite salad dressing to make a tasty and satisfying main dish. Best of all—it's very low in fat.

Turn soup into a hearty main dish. Pick up round loaves of bread at the bakery, or bake your own. Select small loaves so each loaf can be an individual serving. Hollow each bread loaf, and use the hollowed loaf to serve soup. The bowl can be eaten right along with the soup. Makes for a hearty meal, and even saves on dishes!

The baked potato has become a main dish! Bake potato as usual—when baked, slice through center to expose the potato. Cover the potato with your choice of toppings: fresh cooked vegetables and melted cheese make a great combination. Go creative—take favorite sandwich fillings and put them on top of the baked potato. Use leftover stews or soups to add new life to a leftover—cover your baked potato with the soup or stew. Add a tossed salad, and create a real “show stopper”.

Omelets have been a main dish in French homes for centuries. For fluffier omelets add a pinch of cornstarch before beating.

A selection of salads can make a superb main dish. To shape balls of salad use an ice cream scoop—you'll have uniform balls.



MEXICAN CORNBREAD CASSEROLE

Combine:

1 c. cornmeal
1 c. milk
2 eggs, beaten
3/4 tsp. salt

1/2 tsp. soda
1/2 c. oil
1 can cream style corn

Cook:

1 lb. ground meat
1 chopped onion
1 tsp. garlic powder

1 tsp. chili powder
Salt and pepper (to taste)

Add:

2 c. cheese

1 (4 oz.) can chilies

See below.

In greased pan, put 1/2 batter, then meat mixture, 2 cups cheese and 1 (4 ounce) can chilies followed by the other half of batter. Cook at 350 degrees for 45 minutes.

Vanita Hill

MEXICAN CASSEROLE

2 lbs. ground beef

4 tbsp. chili powder

Brown and drain.

**2 cans cream of chicken
soup**

1 1/2 c. milk

1 c. picante sauce

1 can cheese soup

**1 can cream of mushroom
soup**

2 onions, chopped

2 tsp. garlic powder

3 c. grated cheese

Mix above ingredients in a large skillet. Stir in ground beef mixture and let simmer 10 minutes. Cut 12 to 20 tortillas into fourths. Alternate layers of tortillas with meat mixture. Top with cheese. Bake at 350 degrees for 1 1/2 hours.

PEPPER PIE

**2 lbs. hamburger, browned
and drained**

Mix in:

2 sm. cans evaporated milk

1 lb. grated cheese

2 cans green chilies

2 sm. bags corn chips

Bake at 375 degrees until bubbly.

CHICKEN AND PEAR SKILLET SUPPER

- | | |
|---|-------------------------------|
| 1 (16 oz.) can pear slices in juice or lite syrup | 2 cloves minced garlic |
| 2 tbsp. oil | 1/4 c. dry white wine |
| 12 oz. boneless, skinless chicken breast, sliced 1/4 inch thick | 2 tbsp. soy sauce |
| Salt (to taste) | 2 tbsp. cornstarch |
| 3 c. vertically sliced vegetables (onion, red or green peppers, celery, bok choy, carrots that have been boiled to just tender, etc.) | 1/2 tsp. dried thyme, crushed |

Drain pears and reserve 1/2 cup liquid. In a 10 inch skillet or wok, quickly brown chicken in oil over high heat; season with salt. Remove chicken from skillet and saute vegetables and garlic until crisp tender. Return chicken to pan, combine reserved liquid, wine, soy sauce, cornstarch and thyme; mix well. Pour mixture into skillet and stir-fry until sauce thickens. Add pears and gently stir-fry 1 to 2 minutes or until pears are thoroughly heated.

Canned Fruit Promotion Service

RANCH STYLE BEAN CASSEROLE

- | | |
|-----------------------------|-----------------------------|
| 3 (15 oz.) cans ranch beans | 1 lb. grated Cheddar cheese |
| 1 (11 oz.) pkg. corn chips | |

Mix beans and chips in a baking dish, top with cheese. Bake, uncovered, at 350 degrees until cheese melts and casserole is bubbly.

GUACAMOLE SALAD

5 to 7 ripe avocados
2 to 3 tomatoes
1/2 tsp. garlic powder
1 1/2 tbsp. lemon juice

1 med. onion, chopped
1 tsp. salt
Cayenne pepper (to taste)

Peel and mash avocados and dice tomatoes. Combine all ingredients and mix well. May be served on a lettuce leaf or on a bed of shredded lettuce.

Cindi Black

MEXICAN CHICKEN CASSEROLE

6 (4 oz.) boneless, skinless
chicken breasts
1/2 tsp. ground cumin
1 can cream of chicken soup
1 (10 oz.) can Rotel
4 oz. non-fat process cheese
loaf, cubed

1 c. long grain rice, cooked
3/4 c. non-fat sour cream
1/2 tsp. chili powder
1 c. crushed fat-free tortilla
chips

Sprinkle chicken with cumin and toss gently; set aside. Coat a large skillet with fat-free spray and heat. Add chicken and cook 5 minutes, until chicken is browned. Add soup, Rotel, cubed cheese and chili powder. Cook over medium heat until cheese melts, stirring occasionally. Remove from heat, add rice and sour cream, stirring well. Spoon mixture into a 9 x 13 inch pan, top with crushed chips and bake at 375 degrees for 20 minutes. Sprinkle with 1/4 cup fat-free shredded Cheddar and bake 5 more minutes or until cheese melts.

Healthy Choice

"T.J.'S" BEEF BRISKET

Place 1 (8 to 10 pound) brisket in a large roasting pan. Cut 1/4 inch deep slashes in lean side. Sprinkle liberally with fajita seasoning, lemon juice, Mrs. Dash and Worcestershire sauce and rub in by hand. Salt and pepper to taste. Turn brisket fat side up and repeat seasoning process. Marinate in covered pan 4 to 6 hours. Bake at 200 degrees for 8 hours. Trim off excess fat and drain excess grease. Slice to desired thickness, against grain, with an electric knife.

"T.J." Hartpence

ANGRY PASTA

28 oz. canned tomatoes	1/8 c. lemon juice
1/4 c. olive oil	1/4 c. butter
1 c. Parmesan cheese	1/4 med. chopped onion
1 lb. penne rigate noodles	1 3/4 oz. bacon, diced
1/8 c. water	1 to 2 hot peppers

In a medium pot, saute onion, pepper and bacon in oil and butter. When golden brown, add water and lemon juice. Simmer 5 minutes then add tomatoes. Cook over low heat 45 to 60 minutes, stirring often. Cook pasta according to package directions and drain. Combine pasta, tomato sauce and cheese in large bowl and mix well.

TATER TOT CASSEROLE

2 lbs. hamburger	2 cans cream of mushroom soup
2 med. onion, chopped	2 lbs. tater tots
1 c. water	

Brown hamburger and onion; drain and put in bottom of baking dish. Pour soup and water on top, stir. Top with tater tots in an even layer. Bake at 350 degrees for 1 hour.

HOMEMADE PIZZA

1 pkg. or 1 tbsp. yeast
1 tsp. sugar
2 tbsp. vegetable oil

1 c. warm water
1 tsp. salt
2 1/2 c. flour

Sprinkle yeast on warm water and let set for a few minutes. Add sugar and salt; dissolve. Add oil and flour; mix well. Spread on pan, cover with sauce and toppings. Bake at 400 degrees for 20 to 25 minutes.

Note: You will need more flour than recipe calls for in order to get a good consistency.

SAUCE:

8 oz. tomato sauce
1 tbsp. onion flakes
1/4 tsp. basil

1/4 tsp. oregano
1/4 tsp. parsley
1/4 tsp. garlic powder

Mix all ingredients and spread on crust.

GOULASH

2 lbs. hamburger
1 med. onion, chopped
2 c. macaroni
1 lg. can tomatoes, broken
up

2 (15 oz.) cans tomato sauce
1 tbsp. oregano
1 tbsp. parsley
1 tbsp. basil
2 tsp. garlic powder

Brown hamburger and drain. Cook macaroni according to package directions. Combine all ingredients. Heat for about 30 minutes on medium heat, stirring occasionally.

Cindi Black

POOR MAN'S FILLET

2 lbs. ground beef
1 1/2 tsp. salt
2 c. cooked rice
1/2 tsp. pepper
1 c. chopped onion

8 slices bacon
1 clove garlic, crushed
2 tbsp. Worcestershire sauce
1/4 c. milk

Combine all ingredients except bacon, soup and milk and mix well. Divide into 8 equal parts and shape into round patties about 3/4 inch thick. Wrap bacon around edges and secure with a toothpick. Place on an ungreased cookie sheet. Bake at 450 degrees for 20 minutes or until done.

TEXAS HASH

1 lb. ground beef
3 lg. onions, sliced
1 can tomatoes
1 lg. green pepper, chopped

1/2 c. uncooked rice
1 to 2 tsp. chili powder
2 tsp. salt
1/8 tsp. pepper

Brown and drain hamburger. Add onions and green pepper; cook until onion is tender. Stir in remaining ingredients and heat through. Pour into an ungreased 9 x 13 inch baking dish. Cover and bake at 350 degrees for 1 hour.

YUMMY BALLS

2 lbs. ground beef
2 eggs
1 c. cracker crumbs
1 c. uncooked rice

1 tsp. mustard
2 tbsp. chili powder
2 onions, chopped
Salt and pepper (to taste)

Mix all ingredients. Shape into balls. Place in dish and bake at 350 degrees for 1 hour.

UPSIDE DOWN CORNBREAD

MEAT MIX:

- | | |
|--------------------|-------------------------|
| 2 lbs. ground beef | 1 c. tomato sauce |
| 1 lg. onion | 2 c. cooked pinto beans |
| 2 c. grated cheese | 4 tsp. chili powder |

CORNBREAD MIX:

- | | |
|--------------------------|--------------------------|
| 1 c. flour | 1 c. cornmeal |
| 1 1/2 tsp. baking powder | 1 egg |
| 1 tsp. salt | 1 1/4 c. milk |
| 3 tbsp. sugar | 1/2 c. melted shortening |

Brown onion and ground beef. Add salt, chili powder and tomato sauce. Cook 5 minutes. Add the beans and 1/2 the cheese; mix and set aside. Mix cornbread mix as follows: Sift together cornmeal, flour, salt sugar and baking powder. Add egg, milk and melted shortening (cooled); stir well. Pour meat mixture into baking dish. Top with cornbread mixture. Bake at 400 degrees for 20 minutes or until cornbread is brown. Sprinkle with remaining cheese and allow to melt.

LASAGNA

- | | |
|------------------------------------|----------------------------|
| 2 lbs. ground beef | 1 lb. lasagna noodles |
| 1 med. onion, chopped | 2 pts. cottage cheese |
| 2 c. water | 1/2 c. Parmesan cheese |
| 1 lb. Mozzarella cheese,
grated | Salt and pepper (to taste) |
| 4 cans tomato sauce | 2 tsp. oregano |
| | 2 tsp. garlic powder |

Brown beef and onion. Add tomato sauce and water. Add salt, pepper, oregano and garlic. Simmer about 1/2 hour or until it thickens a little. Boil noodles according to package directions. Butter two 9 x 13 inch baking pans. Alternate layers of noodles, meat sauce, cottage cheese and Mozzarella. Top with Parmesan and cover. Bake at 350 degrees for 30 to 45 minutes or until bubbly.

PORCUPINE BALLS

3 lbs. hamburger
1/4 tsp. pepper
1 c. uncooked rice
2 cans condensed tomato
soup

2 cans water
2 tsp. salt
1/4 c. chopped onion

Mix beef, rice, onion, salt and pepper in a large bowl. Shape into balls. Bring soup and water to a boil. Place meat balls in a baking dish and pour soup over them. Cover and cook at 300 degrees for 45 minutes or until meat is done all the way through.

MEAT LOAF

2 lbs. ground beef
1/4 c. A-1 sauce
3 eggs

1 c. oats or cracker crumbs
Onion (to taste), fresh or
dried

Combine all ingredients in a large bowl; mix well and put in greased loaf pans. Bake at 425 degrees for 25 minutes or until meat is done all the way through. The last 10 minutes, top with more A-1.

STROGANOFF

Brown:

2 lbs. hamburger

Cook:

8 oz. of egg noodles

Saute in butter:

1 c. onion

1 clove garlic

Add to browned hamburger:

3/4 to 1 c. flour

Pinch of salt

1/2 tsp. pepper

4 bouillon cubes dissolved
in 2 c. warm water

1 (15 oz.) can tomato sauce

2 cans cream of mushroom
soup

Simmer 10 minutes. Add 16 ounces sour cream. Layer noodles and meat mixture. Top with grated cheese. Bake uncovered at 350 degrees for 25 minutes.

STUFFED GREEN PEPPERS

6 lg. green peppers
1/4 c. chopped onion
4 tsp. salt
1/2 c. chili sauce
Boiling water
4 tsp. pepper

2 lbs. ground beef
2 eggs
3 c. cooked rice
1/4 c. grated cheese
1/4 c. chopped celery

Cut tops off peppers, cut out all membranes and rinse. Add 4 teaspoons salt to enough boiling water to cover peppers, boil 5 minutes; then drain. Combine all other ingredients, except cheese, mixing well. Fill peppers. Place peppers in a baking pan with 1/2 teaspoon water in the bottom. Bake at 350 degrees for 50 minutes. Sprinkle with cheese and bake 5 minutes longer or until cheese melts.

EXTRA RECIPES

Soups & Salads



SUPER SOUPS & SCRUMPTIOUS SALADS

For soup and stew that is too salty, add a raw potato and discard after cooking. The potato absorbs the salt.

Did you know? Cooking in cast iron definitely boosts iron intake. Soup simmered for a few hours in an iron pot has almost thirty times more iron than soup cooked in another pan.

Thickeners for soup can be either flour or cornstarch. It is a good idea to add the thickener with the pan off the heat to avoid the danger of lumping. Flour is good for soups to be served hot. Cornstarch is better for cold soups.

Most important of all, remember that hot soups should be served HOT and cold soups COLD—none benefit from being served lukewarm.

If delayed in tossing salads, greens will stay fresh under a drape of paper towels wrung out of ice water.

Always shake on oil and vinegar dressing just before using.

When unmolding a salad, always sprinkle a few drops of water on the serving plate. It will be easy to move the salad around to position it correctly.

For a stay put garnish in a molded salad, arrange design, pour over thin layer of partially set gelatin. Chill.

To test freshness of dried herbs, rub them between your hands. The oil on your hands extracts the essence of the herb. If there is no smell, they are no good.

Season with seeds to add flavor:

Caraway: Tangy and slightly sweet

Cardamom: Spicy

Celery: Strong, use sparingly

Cumin: Slightly bitter

Dill: Pungent and strong in flavor

Fennel: Licorice flavor

Mustard: Dry mustard is a mixture of ground seeds of several mustard varieties.

Sesame: Sweet, nutty flavor

For crunchy cole slaw, cut cabbage in half and soak in salted water for an hour. Drain well, then proceed with recipe.

Add a small amount of beet vinegar to mayonnaise to give it a pretty color for salads.



MY SLAW

- | | |
|--------------------------|-----------------------|
| 1 head cabbage, shredded | 2 c. sour cream |
| 1 1/2 c. mayonnaise | 2 tbsp. cider vinegar |
| 1 c. sugar | |

Combine all ingredients in a large bowl and mix well. Chill and serve.

Cindi Black

GERMAN ICEBOX SLAW

- | | |
|----------------------------------|-----------------------|
| 1 med. head cabbage,
shredded | 3/4 to 1 c. salad oil |
| 2 med. onions, sliced | 1 tsp. dry mustard |
| Sugar | 1 tsp. celery seed |
| 3/4 to 1 c. vinegar | 1 1/2 to 3 tsp. salt |

Alternate layers of cabbage and onions in salad bowl. Sprinkle with 7/8 cup sugar. Combine vinegar, salad oil, dry mustard, celery seed, salt and 1 teaspoon sugar. Heat to boiling point. Pour over slaw and refrigerate for 4 hours or overnight. Slaw keeps 1 week or more.

"PINK STUFF"

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|-----------------------|----------------------------|
| 24 oz. cottage cheese | 8 oz. strawberry Jello mix |
| 12 oz. Cool Whip | 40 oz. crushed pineapple |
| 1 1/2 c. pecans | |

Put cottage cheese in a large mixing bowl; sprinkle with Jello mix and let stand for a few minutes. Drain pineapple. Add to cottage cheese with all other ingredients. Mix and let chill for at least 2 hours.

PEA SALAD

4 cans peas, drained
1/2 lb. cheese cubes
3 jars pimentos

Mayonnaise or salad
dressing
Onion powder (to taste)

Mix all ingredients together. Chill and serve.

CUCUMBER AND ONION SALAD

1 med. onion
16 oz. sour cream
1/4 c. vinegar

4 lg. cucumbers
1/4 c. sugar

Slice onion and separate rings and slice cucumber into large bowl. Mix in vinegar, sugar and sour cream. Cover and refrigerate at least 2 hours.

PASTA SALAD

2 lbs. macaroni
1 c. chopped green onions
1 c. chopped celery

1 1/2 c. sweet or dill relish
16 oz. Thousand Island
dressing

Cook noodles according to package directions. Drain and add remaining ingredients. Mix well and chill. Boiled eggs, sliced olives and onion may be added according to taste.

MOM BLACK'S VEGGIE SOUP

(Fresh or frozen veggies are best)

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|---------------------------|----------------------------|
| 1 chopped onion | 3 c. potatoes, cut up |
| 1 bunch celery, all parts | 2 c. green peas |
| 1/2 lb. sliced carrots | 2 can tomatoes |
| 1 head chopped cabbage | 1 tbsp. parsley |
| 2 c. corn | 2 bay leaves |
| 2 c. green beans | Seasoned salt (to taste) |
| 1 c. lima beans | Seasoned pepper (to taste) |

Simmer vegetables over low heat with just enough water to cover until vegetables are tender and soup is thick.

VEGGIE SOUP

- | | |
|---------------------------|----------------------------|
| 1 chopped onion | 2 cans tomatoes |
| 1 bunch celery, all parts | 1 tbsp. parsley |
| 1/2 lb. sliced carrots | 2 bay leaves |
| 2 c. corn | 2 can tomato sauce |
| 2 c. green beans | Seasoned salt (to taste) |
| 3 potatoes, cut up | Seasoned pepper (to taste) |
| 2 c. green peas | 4 beef bouillon cubes |

Combine all ingredients in a large pot; add enough water to just cover. Simmer over low heat until vegetables are tender. Soup should not thicken, add more tomato sauce if needed.

SPANISH AVOCADO SALAD

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|--------------------------------------|----------------------------------|
| 1 pt. cherry tomatoes,
halved | 3 tbsp. vinegar |
| 6 oz. pitted ripe olives,
drained | 1 tsp. garlic salt |
| 1 onion, chopped | 3 dashes of hot sauce |
| 4 oz. chopped green chilies | Lettuce |
| 1/4 c. plus 2 tbsp. oil | 2 avocados, peeled and
sliced |

Combine first 4 ingredients in a medium bowl and set aside. Combine oil, vinegar, garlic salt and hot sauce in a jar and shake vigorously. Reserve 3 tablespoons and pour the rest over tomato mixture and toss. Line a serving platter with lettuce, brush avocado slices with 3 tablespoons reserved dressing. Mound tomato mixture in center, surround with avocado slices; serve immediately.

John Roberts

IRISH POTATO SOUP

- | | |
|-------------------------------------|------------------|
| 1/2 c. butter | 2 c. hot milk |
| 1/2 c. chopped onion | 1/2 c. cold milk |
| 5 potatoes, peeled and
quartered | 1 egg yolk |
| 1 1/2 c. water | 2 tbsp. parsley |
| 2 tsp. salt | Cayenne pepper |

Melt butter in heavy pan over low heat. Add onions, stirring until tender. Add potatoes, water and salt. Cover and cook until potatoes are tender. Drain, reserving liquid. Press potatoes through strainer and add to liquid. Add hot milk and stir well. Combine cold milk and beaten egg yolk. Add slowly to warm soup, stirring constantly. Add cayenne pepper. Slowly heat soup through, but do not boil. Add parsley just before serving.

Annette Hartpence

FRITO SALAD

1/2 head lettuce
Grated Cheddar cheese
1 bottle Catalina dressing

Tomato
1 can Ranch Style beans
1 bag Fritos

Mix all ingredients except Fritos. Top with Fritos just before serving.

Kathy Turner

5 CUP SALAD

1 c. miniature
marshmallows
1 c. coconut
1 c. crushed pineapple,
drained

1 c. mandarine oranges
1 c. sour cream

Mix together.

Thelma Davenport

CHERRY WHIP SALAD

1 med. size Cool Whip
1 (#16) can cherry pie
filling
1 sm. can crushed pineapple

2 c. miniature
marshmallows
1/2 c. pecans

Mix well and chill.

Kathy Turner

JELLO SALAD

1 box Jello (any flavor)
1 carton cottage cheese

1 carton Cool Whip
1 can fruit cocktail

Sprinkle Jello on cottage cheese; add fruit. Fold in Cool Whip and chill until ready to serve.

Kathy Turner

FALL FESTIVAL SALAD

2 qts. mixed salad greens	1/4 lb. sliced mushrooms
3 c. raw broccoli flowerettes	1 c. Italian dressing
3 c. raw cauliflowerettes	1/3 c. crumbled bacon
2 c. sliced zucchini	

Combine all ingredients, except dressing and bacon, in a large bowl and chill. Toss with dressing and bacon just before serving.

Eda Mills

PINEAPPLE SALAD

20 oz. pineapple chunks, drained	2 tbsp. flour
1 egg, beaten	3 tbsp. sugar
1 c. diced cheese	1/2 c. pecans

Combine pineapple juice, flour, sugar and egg. Cook until thick. Cool. Add pineapple chunks, cheese and pecans. Chill and serve.

Mrs. Lela Stewart

MIXED PEA SALAD

3/4 c. mayonnaise or salad dressing	1 hard boiled egg, chopped
1 can peas, drained	1/2 c. diced American or Cheddar cheese
1 c. sliced celery	Salt and pepper
1/4 c. chopped onion	

Combine all ingredients and mix well. Season to taste.

Annette Hartpence

COLESLAW

1 head cabbage
1 onion

1 green pepper

Shred. Sprinkle with $\frac{1}{2}$ cup sugar and set aside for 1 hour.

$\frac{1}{3}$ c. vinegar
 $\frac{1}{3}$ c. oil
 $\frac{1}{3}$ tsp. salt

$\frac{1}{3}$ tsp. celery seed
 $\frac{2}{3}$ c. sugar

Boil. Pour over cabbage mixture. When cool, put in a tightly closed container and refrigerate. Keeps for several days.

Thelma Davenport

ORIENTAL SALAD

10 oz. frozen peas, thawed
4 oz. water chestnuts, sliced
and drained

2 c. bean sprouts

DRESSING:

$\frac{1}{4}$ c. sour cream
1 tsp. milk
1 tbsp. fresh ginger, grated
or $\frac{1}{2}$ tsp. ground
ginger

1 tsp. curry powder (or to
taste)
Dry roasted cashews

In a bowl, mix peas, water chestnuts and bean sprouts. In a separate bowl, blend together sour cream, milk, ginger and curry powder; mix well. Stir into vegetable mixture and toss until well coated. Cover and chill at least 4 hours before serving.

Annette Hartpence

NORWEGIAN SLAW

1 med. head cabbage,
shredded
2 c. water

2 tsp. salt
Combine at let stand 2
hours. Drain.

Add:

1 c. celery, cut fine

1 bell pepper, chopped

Cook the following:

1/3 c. water
2/3 c. white vinegar

1 1/3 c. sugar
1 tsp. white mustard seed

Boil 8 to 10 minutes and cool. Pour over drained cabbage and let stand at least 24 hours. Will keep in refrigerator for 1 month.

Wanda Noland

Vegetables



VARIOUS VEGGIE TIPS

Bake potatoes in half the usual time by letting stand in boiling water for 15 minutes before putting them into a very hot oven.

Overcooked potatoes can become soggy when milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Exposure to direct sunlight softens tomatoes instead of ripening them. Leave the tomatoes, stem up, in any spot where they will be out of direct sunlight.

Next time you are cooking cabbage, put a heel of bread on top of cabbage before putting the lid on the pot—there will be NO odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and brussel sprouts too.

A deep or rich color generally indicates highest food value and flavor in vegetables. For example, the dark green outer leaves of leafy vegetables have more nutrients than the lighter colored inner ones. Also, bright orange carrots may produce more vitamin A than paler ones.

Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

You'll shed less tears if you cut the root end of the onion off last; or, freeze or refrigerate before chopping.

Beans are nutritional superstars. Packed with protein, low in fat and cholesterol, beans are one of the best sources of complex carbohydrates and dietary fiber. Surprisingly, beans contain more fiber per serving than most other vegetables, fruits, grains or cereals. A diet high in soluble fiber has been linked to such virtues as lowering cholesterol, maintaining blood sugar levels or body energy, and delaying feeling hungry.

Lettuce leaves absorb fat. Place a few into the pot and watch the fat cling to them.

Ripen green bananas or green tomatoes by wrapping them in a wet dish towel and placing them in a paper sack.

A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

Cook carrots and potatoes and then mash them all together. This make the potatoes a light orange color and produces an entirely new flavor.



Never immerse mushrooms in water when cleaning. They will absorb too much liquid. For prime mushrooms, buy only those with closed caps. The gills should not be showing.

ONION RINGS

1 c. flour
1 tsp. baking powder
1 tsp. salt

1 c. milk
1 egg, beaten
1 onion, sliced into rings

Separate rings and chill in ice water for 30 minutes and drain. Combine above ingredients and dip onion rings. Fry in grease that is 375 to 400 degrees for 3 minutes or until golden brown.

CANDIED YAMS

2 lg. cans yams
2 tbsp. margarine

1/4 c. packed brown sugar
2 c. mini marshmallows

Drain yams and reserve liquid from 1 can. Combine all ingredients and reserved liquid in a baking dish. Bake at 350 degrees for 25 minutes or until marshmallows are golden brown. Chopped pecans may be added, if desired.

Cindi Black

BAKED BEANS

3 (16 oz.) can pork and
beans
1 chopped onion or 1 bottle
dry onion
1/2 c. brown sugar

1/4 c. molasses
1 tbsp. mustard
Enough strips of bacon to
line top of beans

Mix all ingredients, except bacon, and pour into a baking dish. Place strips of bacon on top of beans, enough to cover. Bake at 450 degrees for 30 minutes or until beans are bubbly and bacon appears soft cooked.

Cindi Black

QUICK CAULIFLOWER AU GRATIN

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|---------------------------------------|---------------------------------------|
| 40 oz. fresh or frozen
cauliflower | 1/4 c. fine dry bread crumbs |
| 2 (10 oz.) cans cheese soup | 2 tsp. butter or margarine,
melted |

Cook cauliflower until tender. Drain and place in a large baking pan. Pour undiluted soup over cauliflower; mix crumbs with butter and sprinkle over top. Bake at 350 degrees for 25 minutes or until sauce bubbles and crumbs are brown.

SCALLOPED CORN

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|------------------------|---------------------------------|
| 2 can cream style corn | 1/2 c. grated carrots |
| 4 eggs, beaten | 1 tsp. salt |
| 1/4 c. onion | 1/2 c. chopped green
peppers |
| 1 c. crushed crackers | 2 tsp. Tabasco sauce |
| 1/4 c. butter, melted | 1 c. grated cheese |
| 1 tsp. sugar | 1/4 c. celery |
| 1/2 c. evaporated milk | |

Grease baking pan. Mix all ingredients in a large bowl, pour into baking pan. Top with more cheese, if desired. Bake at 350 degrees for 30 minutes.

GLAZED CARROTS

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|--|-------------------------------|
| 2 1/2 lbs. carrots, fresh or
frozen | 1 1/2 tsp. salt |
| 1 c. brown sugar | 1 1/2 tsp. grated orange peel |
| | 6 tbps. margarine |

Cook carrots until tender. Mix sugar, salt and orange peel. Melt margarine in a large skillet; add sugar mixture. Cook until bubbling, then add drained carrots. Cook over low heat, stirring occasionally until carrots are glazed and heated, approximately 10 minutes.

ROYAL GREEN BEANS

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|---------------------------------|----------------------|
| 4 cans green beans, drained | 2 cans mushroom soup |
| 2 cans water chestnuts | 2 cans water |
| 2 cans French fried onion rings | |

Place beans and water chestnuts in baking pan; put onion rings over beans. Mix water and soup together and pour over mixture in pan. Bake at 350 degrees for 1 1/2 hours.

GREEN BEAN CASSEROLE

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|------------------------------|------------------------------|
| 3 cans English peas, drained | 3 cans cream of chicken soup |
| 2 c. grated cheese | |
| 3 cans green beans, drained | |

Layer peas, cheese, beans and soup. Top with crushed potato chips. Bake at 350 degrees for 30 minutes.

ZUCCHINI - CORN CASSEROLE

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|------------------------|-----------------------------|
| 3 lbs. zucchini | 2 sm. cans green chilies |
| 6 eggs, beaten | 1/2 c. melted margarine |
| 1 med. onion | 2 can cream style corn |
| 2 c. grated cheese | Salt and pepper (to taste) |
| 1 med. red bell pepper | Grated cheese (for topping) |
| 2 cloves garlic | |

Dice zucchini, onion and bell pepper; boil until tender. Drain and let cool. Mix together corn, cheese, salt and pepper; add margarine and eggs. Fold in zucchini, onion, bell pepper, garlic and chilies. Pour into greased baking pan. Bake at 350 degrees for 1 hour. Sprinkle with additional cheese the last 30 minutes of bake time.

COPPER PENNIES

2 lbs. sliced carrots or 3
cans carrots, drained
1 c. thinly sliced onions

1 1/2 thinly sliced green
peppers

DRESSING:

1 1/2 cans undiluted tomato soup	1 1/2 tbsp. Worcestershire sauce
1 1/2 c. sugar	1 c. salad oil
3/4 c. vinegar	Salt and pepper (to taste)
1 1/2 tsp. prepared mustard	

Cook carrots in salted water until tender; drain. Add onion, peppers and dressing. Refrigerate overnight. May be served hot or cold.

Patpourri



POTPOURRI

To determine whether an egg is fresh without breaking the shell, immerse the egg in a pan of cool salted water. If it sinks to the bottom, it is fresh. If it rises to the surface, throw it away.

Vinegar brought to a boil in a new frying pan will prevent food from sticking.

When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from spattering.

Club soda cleans and polishes kitchen appliances at the same time.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleaner.

Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old maids." "Old maids" can also be eliminated by running ice cold water over the kernels before throwing into the popper.

A pinch of rosemary in the water when cooking rice will add an interesting flavor.

Do you substitute ingredients? This is always risky—don't do it! For example, sifted flour is not interchangeable with unsifted.

Food will keep hot up to 1 hour if taken somewhere, by wrapping hot food in a double thickness of aluminum foil.

Garlic helps prevent cholesterol buildup. It helps prevent heart disease by slashing cholesterol levels in the blood and lowering dangerous blood fat levels.

Shaving cream is one of the most useful upholstery cleaners.

To remove water rings and stains from inside small glass or crystal vases, dampen the inside and add any toilet bowl cleaner. Let stand for 10 minutes. Rinse thoroughly.

To clean and shine copper pots, rub with Worcestershire sauce or catsup. The tarnish will disappear.

To get white cotton socks white again, boil in water to which a slice of lemon has been added.



FRIED CHEESE

Mozzarella, cut into slices of
desired thickness

BATTER:

1 c. flour
1 tsp. baking powder
1 tsp. salt

1 c. milk
1 egg, beaten

Mix batter and dip cheese slices. Deep fry until golden brown.

APPLE BARREL SPARKLE

A touch of spice adds a pleasant zing to a popular cider.

8 c. sweet cider
4 lemon or orange slices,
halved

Whole cloves

Heat cider to boiling; remove from heat. Stud fruit slices with cloves; add to pan, cover and steep for 10 minutes. Pour into large cups or mugs and add fruit slice to each. Serve hot.

HONEY SPICED TEA

1 qt. boiling water
2 family size tea bags
1/2 c. honey

1/4 tsp. allspice
1/8 tsp. nutmeg
2 tbsp. lemon juice

In a medium saucepan, pour water over tea bags and brew for 4 minutes. Remove tea bags and add honey, all spice, nutmeg and lemon juice. Pour into cups or mugs and add a lemon slice to each.

VOLCANO PUNCH

1/2 gal. pineapple juice
3 c. orange juice
1/2 c. lemon juice
1 qt. ginger ale

1 basket of strawberries,
halved
Mint springs (to garnish)

Pour 4 cups pineapple juice into ice cube trays and freeze. Chill remaining ingredients in a large bowl or pitcher. Combine frozen juice cubes, fruit juices and ginger ale. Add strawberries and mint sprigs to bowl or pitcher.

"TALK TIME" PICNIC SPICED TEA

Place 10 teaspoons of tea (not China) in a preheated pot. Bring 5 cups of water to a vigorous boil. Pour over tea leaves and steep for 3 to 5 minutes. Strain into a bowl or pitcher and set aside.

Bring to a boil:

1/2 c. water

3/4 c. sugar

Remove from heat and add 1/4 cup orange juice, 1/2 cup lemon juice, 5 cloves and 1 stick of cinnamon. Pour over tea leaves and cool. DO NOT refrigerate. Keep in a thermal container and pour over ice to serve.

STRAWBERRY TEA PUNCH

1 1/2 qts. boiling water
3 family size tea bags
1/2 c. sugar
6 oz. lemon juice
concentrate

10 oz. frozen strawberries,
thawed

In a pitcher, pour water over tea bags and brew 4 minutes. Remove tea bags and stir in sugar, lemon concentrate and strawberries. Serve over ice.

FRIED ZUCCHINI

Zucchini, cut as desired

BATTER:

1 c. flour
1 tsp. baking powder
1 tsp. salt

1 c. milk
1 egg, beaten

Mix batter and dip zucchini slices. Deep fry until golden brown.

MOM BLACK'S CHEAP EGGNOG

2 eggs, separated
2 tbsp. sugar
4 c. milk
Nutmeg (to taste)

1 tbsp. rum or brandy
flavoring
1 sm. pkg. instant vanilla
pudding

Beat egg whites with sugar until glossy and peaks form. In another container, combine egg yolks, milk, pudding mix, flavoring and nutmeg. Beat 2 minutes. Fold into first mixture and chill.

BREAKFAST BURRITOS

1 lb. ground sausage
1 green pepper
Salt and pepper
6 eggs, scrambled

1 c. grated chese
Picante sauce
12 flour tortillas, heated

Brown sausage and add green pepper and saute for a few minutes. Remove from skillet and set aside. Place sausage and scrambled eggs on tortilla. Top with picante and sour cream. Roll up and enjoy.

NIGHT BEFORE EGG AND SAUSAGE BREAKFAST

8 eggs, slightly beaten	2 c. milk
6 slices bread, cubed	1 tsp. salt
1 lb. sausage, cooked and drained	

Place all ingredients in a greased 8 x 11 inch pan. Refrigerate overnight. Bake next morning at 350 degrees for 30 minutes.

BREAKFAST CASSEROLE

1 lb. sausage, cooked and drained	1 1/4 c. grated Cheddar cheese
12 eggs, slightly beaten	1 tsp. dry mustard
6 slices bread, cubed	

Mix all ingredients and pour into a greased 9 x 13 inch pan. Refrigerate overnight. Bake at 350 for 20 minutes.

CHEESE STRATA

12 slices bread	1 tsp. dry mustard
3 c. milk	6 eggs
6 slices cheese	3 tbsp. bacon bits
1 tsp. salt	

Place slices of bread in bottom of 9 x 13 inch pan. Put a slice of cheese on each slice. Sprinkle with bacon bits and top with another slice of bread. In a bowl, beat eggs, add milk, salt and mustard. Pour over bread. Cover and let stand 1 hour or overnight in refrigerator. Bake at 325 degrees for 1 hour.

MOM BLACK'S BREAD STUFFING

4 qts. or 2 loaves dried bread cubes	Sage (to taste)
3/4 c. chopped onion	3 eggs
2 tsp. salt	1 c. melted margarine
1 tsp. pepper	Cooked giblets, chopped (optional)
3 c. chopped celery, all parts	Broth (to moisten)
2 tsp. poultry seasoning	

Saute onion and celery in margarine. Put dry bread cubes, seasonings and giblets in large bowl. Add onions and celery, then eggs and broth. Add broth until desired consistency. Can stuff turkey or bake alone.

MY CHILI SAUCE

15 oz. chili	8 oz. tomato sauce
6 oz. tomato paste	

Add the following to taste:

Chili powder	Salt
Paprika	Pepper
Cumin	Taco seasoning
Cayenne pepper	Minced garlic
Parsley	Garlic salt
Picante sauce	Bay leaves
Crushed red pepper	Onion salt
Oregano	Minced onion

Heat and simmer 10 to 15 minutes.

Cindi Black

RED HOT CIDER

1 qt. apple cider	1 pkg. red hot imperials
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In a medium saucepan, bring to a boil, stirring constantly. Serve HOT.

ROBERT HUTZLER'S AUNT CATHY'S SPICED TEA

2 1/2 c. sugar
2 c. Tang
1 c. instant tea

1/2 c. lemonade mix
1 heaping tsp. cinnamon
1 heaping tsp. of cloves

Mix well.

FRIED MUSHROOMS

Mushrooms, whole

BATTER:

1 c. flour
1 tsp. baking powder
1 tsp. salt

1 c. milk
1 egg, beaten

Mix batter and dip mushrooms. Deep fry until golden brown.

HOT SAUSAGE BALLS

3 c. Bisquick
1 lb. grated Cheddar cheese

1 lb. hot sausage
Enough milk to moisten

Mix ingredients with hands and shape into 1 inch balls. Place on a cookie sheet and freeze. While still frozen, bake at 325 degrees for 20 to 25 minutes. May be refrozen after cooking and warmed again later.

DAIQUIRI PUNCH

(non-alcoholic)

8 pkgs. daiquiri mix
1 oz. rum flavoring

7 c. water

Put 1/2 gallon lime sherbet in a large punch bowl. Pour above mixture and a 2 liter bottle of 7-up over sherbet and break it up until most of it is dissolved. Serve immediately.

RANCH DRESSING

1 c. milk
1 c. mayonnaise
1 tbsp. vinegar

2 tsp. basil
2 tsp. parsley
1 tsp. garlic

Combine all ingredients and mix well.

BUTTERMILK DRESSING

1/4 c. buttermilk
1 tsp. salt
1/8 tsp. Worcestershire
sauce

Dash paprika
1/4 c. mayonnaise or salad
dressing

Combine all ingredients and mix well.

Annette Hartpence

CREAMY ITALIAN DRESSING

1 c. mayonnaise
1/4 c. milk
1 tbsp. vinegar
1/2 tsp. sugar

1 clove minced garlic
1/4 tsp. basil
1/4 tsp. salt
1/8 tsp. pepper

Mix all ingredients, stirring until smooth.

Shannon Story

BARBECUE PECANS

Mix 1 1/2 tablespoons cider vinegar and 1 tablespoon honey and pour over 1 pint of pecan halves and shake. Put in stew pan, over low heat, for 10 minutes. Add 3 tablespoons margarine and 2 tablespoons seasoned salt; mix well. Bake at 250 degrees for 30 minutes.

Mary Shrader

CELERY - FRENCH DRESSING

1 c. tomato bouillon	2 tsp. paprika
1/2 c. vinegar	1/8 tsp. dry mustard
2 tbsps. celery seed	1/8 tsp. salt
1 tbsps. onion flakes	Sweetener (to taste)

Combine all ingredients. Blend well and chill.

Annette Hartpence

SALSA PICANTE

3 tomatoes, chopped	1 can stewed tomatoes,
1 onion, chopped	chopped
1 pod crushed garlic	3 tbsps. chili powder

Combine above ingredients, salt and pepper to taste. Chill and serve.

Vera Green

GREEN DRAGON DIP

1 ripe avocado	3 tbsps. mayonnaise
1/4 tsp. seasoned salt	Chopped onion
3 oz. cream cheese	A few drops of lemon juice
1/8 tsp. pepper	

Peel, pit and mash avocado. Mix with remaining ingredients and blend well. Add onion, if desired. Chill before serving.

Annette Hartpence

TACO LAYER DIP

1 can refried beans with
jalapenos
1 lg. carton sour cream
mixed with 1 pkg. taco
seasoning mix

3/4 c. chopped onions
2 cartons avocado or
guacamole dip
1 chopped tomato
1 1/2 c. grated cheese

Layer in order given in a shallow pan or platter. Refrigerate 24 hours before serving.

Gwen Do Vale

DEVILED HAM DIP

4 1/2 oz. deviled ham
1 c. sour cream
1 1/2 tbsp. pimentos

1/8 tsp. pepper
Tabasco sauce

Combine all ingredients. Chill before serving.

Annette Hartpence

WISHBONE DRESSING

Mix together:

1/4 c. vinegar
1 1/2 tsp. salt

1 tsp. sugar
1 tsp. prepared mustard

Add:

1 clove of garlic, minced or
crushed

1 1/2 c. salad oil

Shake well. Do not refrigerate.

Wanda Noland

CHEESE NUGGETS

2 c. grated Cheddar
1 c. butter
2 c. flour

1/4 tsp. red pepper
1/2 c. chopped pecans

Combine cheese and butter, mix well. Add flour, red pepper and pecans; mix well. Roll into 1 inch balls and bake on a greased cookie sheet at 425 degrees for 10 to 12 minutes.

Lenda Kelley

STUFFED JALAPENOS

1 lb. jalapenos
1 lb. favorite cheese, grated

8 oz. cream cheese, softened

Cut the stem end off the peppers, cut in half lengthwise and seed. Mix cheeses together until smooth. Spread mixture in peppers like you would peanut butter on celery; set aside.

BATTER:

1 c. flour
1 tsp. baking powder
1 tsp. salt

1 c. milk
1 egg, beaten

Mix above ingredients and dip stuffed peppers, coating well. Drop a few at a time into the hot grease. You may need to unstick them from the bottom 2 to 3 seconds after putting them into the grease. Fry until golden brown, drain and serve.

TACO LAYER DIP

1 can refried beans with
jalapenos
1 lg. carton sour cream
mixed with 1 pkg. taco
seasoning mix

$\frac{3}{4}$ c. chopped onions
2 cartons avocado or
guacamole dip
1 chopped tomato
1 $\frac{1}{2}$ c. grated cheese

Layer in order given in a shallow pan or platter. Refrigerate 24 hours before serving.

Gwen Do Vale

DEVILED HAM DIP

4 $\frac{1}{2}$ oz. deviled ham
1 c. sour cream
1 $\frac{1}{2}$ tbsp. pimentos

$\frac{1}{8}$ tsp. pepper
Tabasco sauce

Combine all ingredients. Chill before serving.

Annette Hartpence

WISHBONE DRESSING

Mix together:

$\frac{1}{4}$ c. vinegar
1 $\frac{1}{2}$ tsp. salt

1 tsp. sugar
1 tsp. prepared mustard

Add:

1 clove of garlic, minced or
crushed

1 $\frac{1}{2}$ c. salad oil

Shake well. Do not refrigerate.

Wanda Noland

CHEESE NUGGETS

2 c. grated Cheddar
1 c. butter
2 c. flour

1/4 tsp. red pepper
1/2 c. chopped pecans

Combine cheese and butter, mix well. Add flour, red pepper and pecans; mix well. Roll into 1 inch balls and bake on a greased cookie sheet at 425 degrees for 10 to 12 minutes.

Lenda Kelley

STUFFED JALAPENOS

1 lb. jalapenos
1 lb. favorite cheese, grated

8 oz. cream cheese, softened

Cut the stem end off the peppers, cut in half lengthwise and seed. Mix cheeses together until smooth. Spread mixture in peppers like you would peanut butter on celery; set aside.

BATTER:

1 c. flour
1 tsp. baking powder
1 tsp. salt

1 c. milk
1 egg, beaten

Mix above ingredients and dip stuffed peppers, coating well. Drop a few at a time into the hot grease. You may need to unstick them from the bottom 2 to 3 seconds after putting them into the grease. Fry until golden brown, drain and serve.

RYE TOAST MELTS

Cocktail bread, long loaf
(rye or any that you
desire)
2 c. sharp Cheddar cheese,
grated
Sm. can black olives,
chopped

2 tbsp. finely chopped onion
1 c. Hellmann's mayonnaise
2 tbsp. finely chopped
cilantro
Real bacon bits (Hormel),
sprinkle

Mix all ingredients into a spread and put on bread. Bake at 300 degrees for 15 minutes. Serve warm.

Shelby Anderson

FRIED DILL PICKLE CHIPS

Dill pickle chips

BATTER:

1 c. flour
1 tsp. baking powder
1 tsp. salt

1 c. milk
1 egg, beaten

Mix batter and dip dill pickle chips. Deep fry until golden brown.

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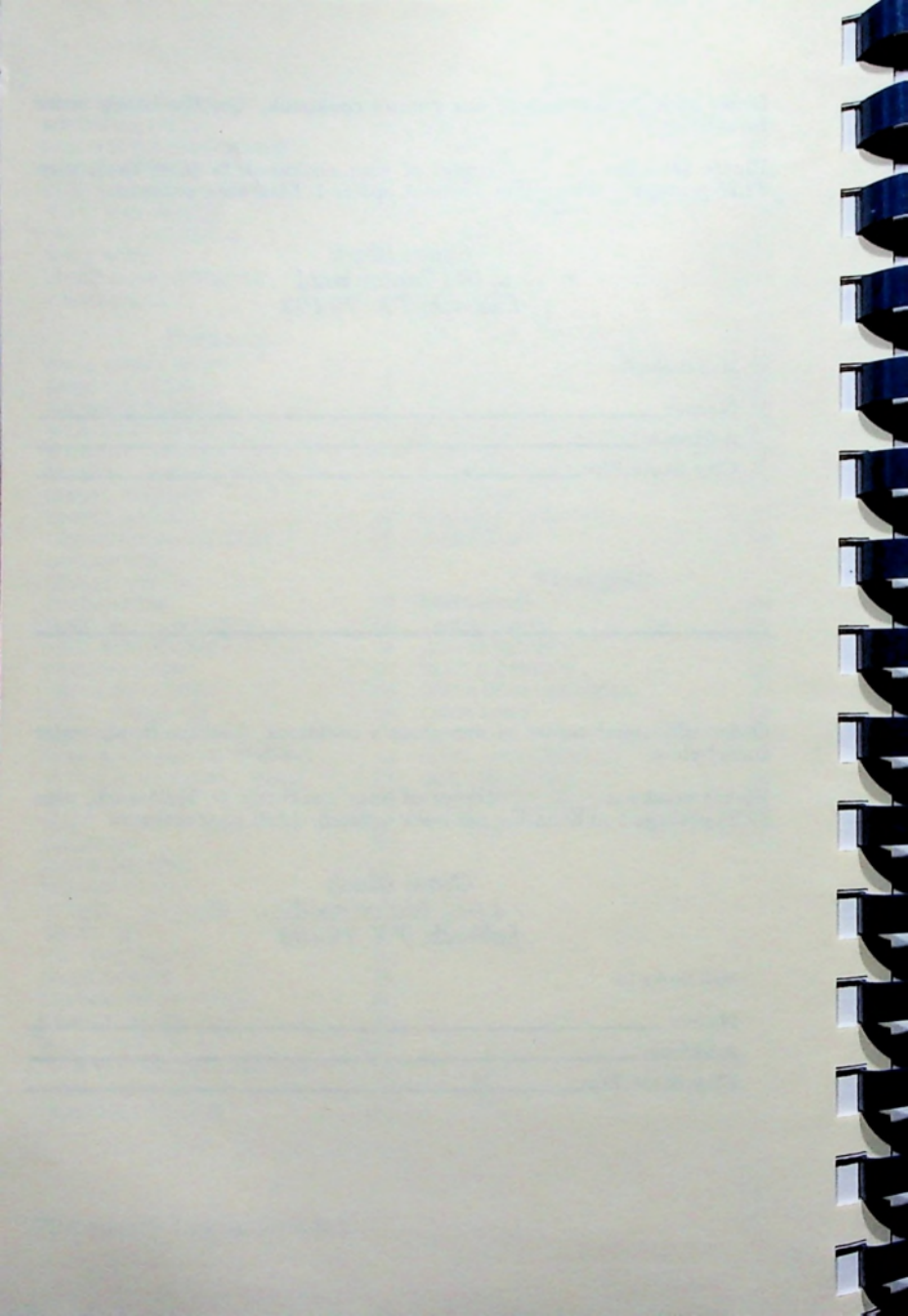
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A Collection Of Helpful Hints And Useful Information.

HOW TO SET A TABLE

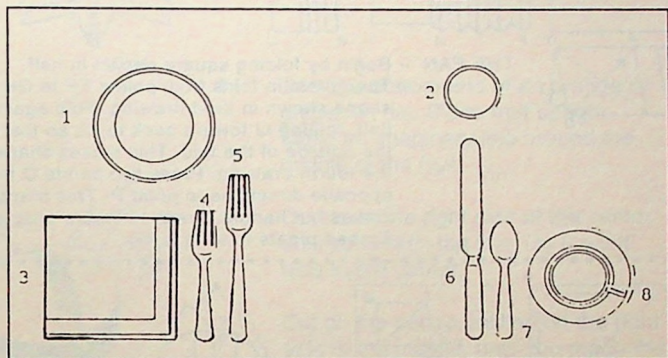


Table set-up for a simple meal.

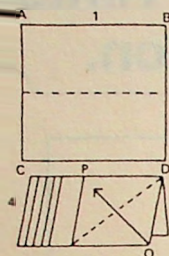
- | | |
|----------------------------|-----------------|
| 1.) Bread and butter plate | 5.) Dinner fork |
| 2.) Water glass | 6.) Knife |
| 3.) Napkin | 7.) Teaspoon |
| 4.) Salad fork | 8.) Coffee cup. |

Place the silver about 1 inch from the edge of the table. Place knives, forks, and spoons in the order of their use. Knives are placed at the right of the plate, with the cutting edge turned inward. Place the spoons, bowls up, at the right of the knives. Place the forks, tines up, at the left of the plate.

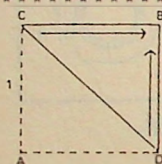
BASIC RULES FOR SERVING YOUR GUESTS

- * All food is served from the left.
- * All beverages are served from the right.
- * Serve women, older persons, and children first; in a group of women or men, begin with the person to the right of the host and proceed counterclockwise.
- * Clear dishes from the right.
- * Do not stack or scrape dishes before a guest.

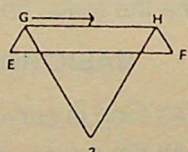
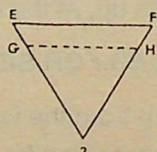
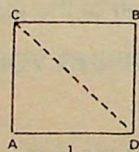
ADD ELEGANCE TO A TABLE SETTING HARM YOUR GUESTS WITH THESE SIMPLE NAPKIN FOLDS



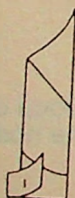
THE FAN – Begin by folding square napkin in half. Then pleat in folds from points EF to GH, shape shown in third drawing. Fold again in half, folding IJ toward back to KL so that MN is the outside of the fold. This makes shape in the fourth drawing. Press two points O in opposite directions to point P. This triangle makes fan handle. Press to insure crisp pleats. Spread pleats to form a fan.



THE CROWN – Bring point A to B and press along line CD. Then fold corners C & D to point AB. Bring point G about 2/3 of the way up to AB and press, as in drawing Number 2. Bring point G back to line HI, as in drawing Number 3. Turn napkin to opposite side, as in drawing Number 4. Bring corners H and I together, tucking one into the other, forming a round base. Stand the napkin up and flair out the two top corners, forming a crown.



THE CANDLE – Bring point A to B and press on fold CD. Turn down fold EF on line GH and press. Roll napkin from point G toward H, with cuff on outside. Roll evenly, to keep napkin the same size down it's length. Tuck remaining cuff corner inside cuff to hold candle firm.

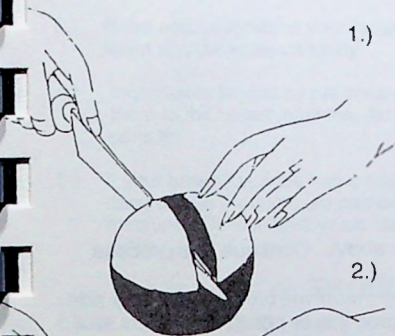


SIMPLE TRICKS — ELEGANT RESULTS

FRUIT BASKETS

To enhance your next dinner party, let this fruit basket charm your guest, and add color to the meal.

- 1.) Trim the bottom end of an orange or grapefruit flat. Place fruit upright. Make an imaginary line around the middle of the fruit.

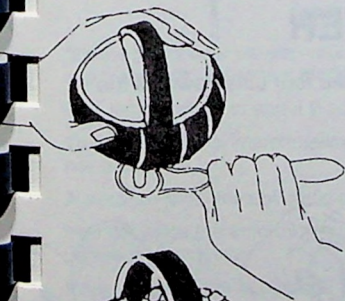


Cut down the right side of the center until you reach the line. Do the left side to the center.

- 2.) Cut on the horizontal line on the right side of the middle, until you reach the right side vertical cut. repeat on the left side.



- 3.) Add charm to your fruit basket by scoring the rind, to create a basket weave effect. Remove pulp from fruit.



- 4.) Fill baskets with fruit.

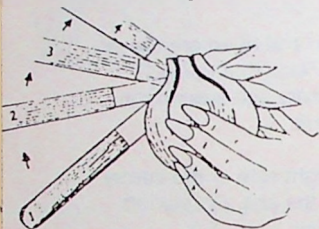


ONION FLOWER

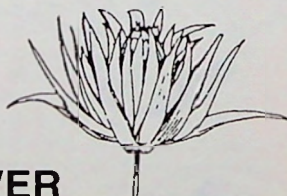
Before you begin you will need: a small onion, sharp paring knife, ice water, and a skewer.

Steps:

- 1.) Peel the onion. Hold it so that the onion point is on top.
- 2.) Make the first cut by taking the knife directly down the middle, using a rocking motion. Do not cut completely through the onion.

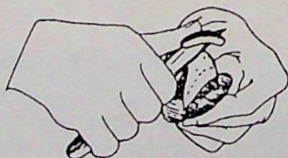
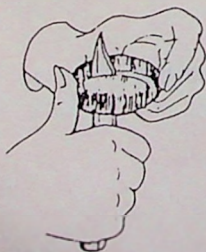


- 3.) Turn the onion and repeat the step above. Continue this process until there is no more onion to cut.
- 4.) Place the onion in ice water and the onion will bloom. You may add food color to the ice water to give your flower color.
- 5.) You may skewer the onion flower at the stem end, or just set on a tray to garnish your food.



RADISH FLOWER

- 1.) Hold the radish with the stem end down, make four cuts down all the around the radish.
- 2.) Peel off the top portion or, leave as it is.
- 3.) Place radish flower in water to bloom.



BREAD MACHINE BAKING TIPS

- 1.) Review your instructions on how your bread machine operates carefully. Your manual can provide troubleshooting guide should your bread not come out perfect. Never open bread machine during the rising of baking stages to check the breads progress. Opening the bread machine may cause the bread to collapse.
- 2.) Correctly assemble your bread machine. Make certain the parts are properly put together, so you mix and knead properly.
- 3.) Read and understand your recipe before you begin. Only use the ingredients listed and measure carefully.
- 4.) Ingredients should be pre-measured and at room temperature before adding them to the bread machine. Add ingredients listed in proper order as recipe calls for.
- 5.) If your bread machine has a delayed bake cycle for recipes that do not have dairy or egg products (so bacteria won't grow as the mixture sits in the bread machine.) Do not have yeast come with liquid when using the delayed bake cycle.

TROUBLESHOOTING

- **BREAD DIDN'T RISE** - Rising will decrease with too much sugar or fat.
- **BREAD IS TOO BROWN** - Browning too quickly caused by too much sugar or fat.
- **BREAD IS TOO HEAVY** - Too much flour used, not enough liquid, and not enough yeast.
- **BREAD IS UNDERCOOKED** - Too much liquid used in recipe or too much flour used.
- **BREAD HAS A YEASTY AROMA - OR OVER PROOFED** - Decrease the amount of yeast in recipe by 1/4 teaspoon.

USEFUL KITCHEN HINTS

Substitute for sour cream - mix 1 tablespoon lemon juice, 1 cup cottage cheese, 1/3 cup buttermilk. Blend in a blender or food processor for 2 minutes.

One lemon will yield about 2 1/2 and 3 1/2 tablespoons of juice.

To cut dried fruits, marshmallows or gumdrops, dip kitchen scissors frequently into hot water.

A medium-size clove of garlic equals 1/8 teaspoon of garlic powder.

You get twice the amount of orange juice from an orange, if you hold it under hot water before you squeeze.

Popcorn left in the cupboard? Place 1/4 cup of popcorn in a brown paper lunch bag. Fold the top over a few times. Place paper on it's side and microwave on high until the popping slows.

Brew your coffee with bottled spring water, you will have better tasting coffee and no mineral deposits.

MINUS MEAT COOKERY


















- TOFU** – Sometimes called bean curd, is a white or cream-colored product made from soybean milk. Soft tofu is smooth and creamy. Use it for whipping, blending, crumbling for recipes such as dips and dressings. Firm tofu is used for slicing and cubing. Use in stir-frys, casseroles, soups, and any other dish you want the shape to stay intact.
- BARLEY** – Has a mild, starchy flavor and slightly chewy texture. Use as side dishes, hot cereal, soups, and baked goods.
- BULGUR** – A precooked and dried, cracked wheat with a tan color and a delicious nutty flavor. Serve as a side dish, salad (Tabbouleh).
- CORNMEAL** – Medium-fine ground, hulled kernels that are MADE from corn kernels. Cornmeal comes in white, yellow, and blue varieties. Stone ground corn meal is slightly coarser than other cornmeal. Use in baked goods, coating, polenta.
- MASA HARINA** – Is corn processed with lime to remove hull, medium ground; dry, dough, raw, or cooked tortillas. Used in tortillas and other Mexican dishes.
- MILLET** – A tiny round yellow kernels have a slightly nutty flavor and chewy texture when cooked. Use for side dishes and flat breads.
- COUSCOUS** – Is a tiny pasta made from semolina pellets, often parcooked. Often served as stew and in soups.
- QUINOA (kih-no-uh)** – Tiny grain is about the size of sesame seeds, is pale yellow and has a crunchy texture and a subtle nutty taste. It's low-fat source of fiber and complete protein.
- WILD RICE** – Is not a rice but a long, dark brown grass. Wild rice has a nutty flavor and is used as a side dish & in stuffings.
- WHITE RICE** – Polished grains, usually enriched; long or short grain. Used in puddings, risotto.
- BROWN RICE** – Hulled grains, bran intact; short, medium, or long grain, may be enriched.
- BASMATI RICE** – Delicate, extra-long grain, polished. Used as side dishes, pilafs.
- CONVERTED RICE** – Parcooked, polished grains, may be enriched.
- MISO** – A salty paste made from cooked, aged soybeans and sometimes grains. Thick and spreadable, it's used for flavoring and soup base. Available in several varieties; darker varieties tend to be stronger-flavored and saltier than lighter varieties.
- ARROWROOT POWDER** – Starch flour used for thickening. Usually less processed than corn starch, but can substituted for it.
- PINE NUTS** – Seeds from the pine cones of certain evergreens. Their mild pine-like flavor is enhanced by toasting. Also called, pignolias or pinons. Makes wonderful pesto.
- GARBANZO BEANS** – Light brown beans with a nutty flavor. Also called chickpeas. Used in Middle Eastern and Mediterranean dishes and salads.

Meatless cookery wouldn't be complete without the various pastas, cheeses, herbs, vegetables, and many other ingredients you bring to your recipe.

PASTA

PASTA

PASTA

NAME	DESCRIPTION	USE
MACARONI		
Acini di pepe/Peppercorns	Tiny wheat pasta	Soup, salads
Alphabets 	Tiny alphabet pasta	Soup
Conchiglie/Shell 	Smooth or ridged shell shaped pasta in different sizes	Soup, salads
Elbow Macaroni 	Macaroni tubes that are curved	Casseroles, soups
Farfalle/Bow Ties 	Bow shaped pasta	Soups, stuffings
Mostaccioli sauces 	Diagonally cut pasta	Casseroles, tomato
Orzo 	Tiny rice shaped pasta	Cooked like rice, soups
Rigatoni 	Ridged curved tubes	Casseroles, soups
Ziti 	Smooth short tubes	Casseroles
NOODLES		
Fettuccini 	Ribbon noodles about 1/2 inch wide	Buttered or in sauce
Lasagna 	Wide pasta, with/without	Baked Casseroles, curly edges
Lasagna		
Tagliatelle/Wide Egg Noodle 	3/4 inch wide egg noodle	Casseroles
SPAGHETTI		
Capellini/Angel Hair 	Thin, sometimes coiled	Sauces
Fusilli/Rotini 	Spiral shaped pasta	Casseroles/Sauces
Linuine 	Flat, narrow, long	Casseroles, sauces
Vernicelli 	Straight thin spaghetti	Sauces
OTHER PASTA		
Manicotto 	Large diagonal tubes	cooked and filled
Ravioli 	A filled pasta	Serve with sauce

To make homemade pasta follow recipe for ingredients and procedures.

Noodles

- 1 cup all-purpose flour
- 1 cup semolina flour
- 3 egg yolks
- 1 egg
- 2 teaspoons salt
- 1/4 to 1/2 cup water

Methods

Make a well in the center of the flour. All egg yolks and egg, add salt; mix in thoroughly. Add water, a small amount at a time, until the dough is stiff but pliable. Divide the dough in 4 parts. Deep dough covered tightly (so it doesn't dry out), with a rolling pin or a floured surface, roll dough into a thin rectangle. Fold rectangle in thirds, cut cross wise into thin strips. Let noodles air dry until stiff. Cook noodles in boiling salted water until tender, about 6 minutes.

Equipment needed for pasta making:

Collander - Large strainer to drain pasta

Electric Mixer - Dough can be mixed by using a dough hook attachment.

Food Processor - Like the electric mixer, it will mix the dough for you and most of the kneading.

Knife - A sharp long Knife.

Past Wheel/Pastry Wheel - Use cutters to make rows of ravioli and lasagna.

Pasta Machine - Electric or Hand crank models will make uniform sheets of pasta.

Ravioli Stamp - Ravioli can be made one at a time by processing two sheets of pasta with filling inside, pressing shape out and sealing edges.

Ravioli Tray - Looks like an ice cube tray. Place dough on tray, set filling on indentions, place top sheet of pasta on top, roll over top sheet with rolling pin. Separate ravioli's with wheel or free hand.

Rolling Pin - Use a solid, long rolling pin.

FUN FOOD FOR KIDS

Flavored gelatin wedges - Cut an orange in half, remove the pulp, leaving the white membrane and the rind. Place orange halves in muffin tins (to hold in place). Fill each orange with gelatin. Chill until the gelatin is firm. Heat a knife blade with hot water (wipe dry), slice the orange into wedges. Keep refrigerated until ready to serve.

Yogurt Popsicles - 1 Carton plain yogurt
1 (6oz.) concentrated Unsweetened fruit juice
(may add dash of vanilla or honey)
Mix well, freeze in 3 oz. paper cups, using wooden sticks or spoons for handles when partially frozen.



Marshmallow Popcorn Balls - 6 Tablespoons butter
3 cups Miniature Marshmallows
1/2 of a 3 oz. pkg. (3 tbsp) Raspberry Gelatin
3 Quarts of popped unsalted popcorn



In a sauce pan, melt butter, add marshmallows and stir until melted. Mix in dry gelatin. Pour mixture over popcorn, and mix well with buttered hands, and form into balls.

Bunny Salad - Place a canned pear half on a bed of lettuce. Add raisins for the eyes, maraschino cherries for the nose, toothpicks for whiskers, and american cheese for the ears.

Edible Play Dough - Mix 1 jar of peanut butter (18 oz.)
6 tablespoons honey
non-fat dry milk powder (until the correct consistency)
(may add cocoa for a chocolate flavor)
Shape any way you want, decorate.



Breakfast Cereal Toppers - Stir in or top cereal with any of the following: Jelly or jam
applesauce
fresh fruit
raisins, dates
ice cream, frozen yogurt
brown sugar or honey



CAFFE WITH LOVE

ESPRESSO: (s-press-o) - 1 fluid ounce of straight coffee (liquid drawn from 7 grams of coffee). Espresso should never be bitter, bitterness occurs from inferior coffee or incorrect brewing process.

LATTE: (lah-tay) - Espresso with steamed milk (2% preferred) added to 1 - 2 inch from the rim of cup, topped with foam.

CAPPUCCINO: (cop-u-chee-no) - Espresso topped with one part milk and one part foam.

MOCHA: (mo-ka) - Place chocolate syrup in bottom of a cup, add espresso, stir, add steamed milk 1/2 inch from top and garnish with whipped cream.

VIENNESE: (v-en-ee-se) - Add Cinnamon to the coffee grounds before brewing the espresso. Prepare a latte with espresso shot, garnish with whipped cream and a dash of cinnamon

ESPRESSO MACCHIATO: (ma-key-ah-toe) - Espresso topped with a dollop of foam served in a demitasse.

AMMERICANO: (ah-mare-i-con-o) - Espresso diluted with hot water until it reaches the volume of a normal American cup of coffee.

Coffee once opened must be used in a weeks time, to remain fresh.

The milk you use should be whole, 2%, non-fat, and half and half.

Steaming milk is for Lattes, mochas and hot chocolate. It is foamed for Cappuccinos and Macchiatos.

To foam milk, start with a clean pitcher filled 1/3 with cold milk. Hot milk won't foam. Place steam wand under the surface and fully open the steam valve. As the foam rises, lower pitcher until you have the correct amount of foam.

To steam milk, just immerse the steam wand deeper into the pitcher and heat the milk until the pitcher is almost too hot to hold.

Milk can be steamed twice, but it can be foamed once.

Always make Espresso in a warmed cup.

The coffee beans you buy should be carefully blended and roasted for espresso.

True espresso is made by forcing water heated to around 195 degrees F. with pressure through a finely ground coffee. This makes a concentrated flavorful extract which is the body of coffee.

MICROWAVE COOKING BASICS

Your microwave not only can be used for popcorn and reheating leftovers, but as for melting butter, melting chocolate, warming syrup, soften ice cream, making fast food, cakes, main dishes, and much more.

Microwaves have browning grills, roasting rack, muffin pans, and other microwave utensils. But, begin with what you have: **Glass**-oven proof glass or ceramic baking dishes are the most used cooking tools. Use glass, china, or pottery if there is no metal trim or signature on the bottom.

Plastic - Use dishwasher-safe plastics, hard plastic trays, mugs, and bowls may be used in microwaves for short periods of time. Foam cups and dishes, and baby bottles are safe for heating, but none of these items should be used for prolonged periods because melting may occur. Use plastic wrap as a covering, but pierce it before taking out of microwave to prevent steam burns.

Paper - Paper cups, plates, towels should be used only for heating or defrosting. Long periods of time may cause paper to burn. Wax paper can be used as a cover during cooking.

Metal - In general metal should not be used in your microwave. Microwaves cannot pass through metal and food will only cook from the top. TV dinner trays, less than 3/4 of an inch deep are allowable because they are shallow enough for the microwave to penetrate and cook food from the top.

Metal skewers are usable when the food is much greater than metal, like a filled kabob. Small pieces of foil can be used for shielding parts which are cooking too quickly.

Straw baskets/wood handled spoons and rubber spatulas can be used in oven for short periods of time.

- ** **Quantity** -determines cooking time. Small amounts of food or liquid take less cooking time than larger amounts of the same ingredient.
- ** **Density**- dense heavy foods take longer to microwave than lighter foods because microwaves cannot penetrate as deeply and the food must heat by conduction from the hot outer edges.
- ** **Starting temperature**-room temperature foods cook faster than food that is refrigerated. And refrigerated food cooks faster than frozen foods.

When in doubt always consult your microwave manual for cooking techniques, equipment to use , reheating, defrosting, and cooking your food.

SIMPLE GUIDE TO WEIGHTS, MEASURES AND METRIC

WEIGHTS AND MEASURES

CAN #	FLUID OZ. VOLUME	CUPS
303, also #1	15.6	2
303, cylinder	19.0	2-1/3
2-1/2	28.5	3-1/2
#5	56.0	7
#10	103.7	12-3/4
1 Gallon	128.0	16

COMMON CONVERSIONS

3 Teaspoons (tsp.)	1 Tablespoon (Tbbs.)
48 Teaspoons (tsp.)	1 Cup (c.)
4 Tablespoons (Tbbs.)	1/4 Cup (c.)
16 Tablespoons (Tbbs.)	1 Cup (c.)
1/4 Cup (c.)	2 Ounces (oz.)
1/2 Cup (c.)	4 Ounces (oz.)
1 Cup (c.)	8 Ounces (oz.)
1 Pint Equals 2 Cups	16 Ounces (oz.)
1 Quart Equals 4 Cups	32 Ounces (oz.)
1 Gallon Equals 16 Cups	128 Ounces (oz.)

METRIC CONVERSION TABLE

To Change	To	Multiply By
Ounce (oz.)	Grams (g)	28
Pounds (lbs.)	Kilograms (kg)	0.45
Fluid ounces	Milleliters (ml)	30
Cups (c.)	Liters (l)	0.24
Quarts (qt.)	Liters (l)	0.95
Gallons (gal.)	Liters (l)	3.8
Temperature (F)	Temperature	5/9 after subtracting 32

Putting Metric Units into Daily Living.

Dash of Salt is about 1 ml.

Quart of Milk is just less than 1 liter.

Paper clip weighs 1 g.

Thickness of a dime is 1 mm.

10 to 15 minute walk is 1 km.

Water freezes at 0 degree Celsius.

Water boils at 100 degree Celsius.

Room temperature is 20 degree C to 25 degree C.

LOW FAT - NO FAT - SOME FAT - GUIDE

FOOD TABLE

Abbreviations used in Table

cal.	calories	poly. fatty acid	polyunsaturated fatty acid
chol.	cholesterol	sat. fatty acid	saturated fatty acid
gm	gram	Tbsp.	tablespoon
mg	milligram	tr	trace
Na	sodium	pkg.	package
oz.	ounce		

Description Food/Portion	Weight (gm)	Fat (gm)	sat. Fatty Acid (gm)	Energy (cal.)	Chol. (mg)	Na (mg)	
FROZEN DESSERTS							
Frozen Yogurt (1/2 cup)	113	2.3	1.5	123	9	60	
Ice Cream, 10% fat (1/2 cup)	67	7.1	4.5	135	30	58	
Ice Milk (1/2 cup)	66	2.8	1.8	92	9	53	
Sherbet (1/2 cup)	97	1.9	1.2	135	7	44	
CHEESE							
American (1 oz)	28	8.9	5.6	106	27	406	
Cheddar, Colby, Parmesan, Swiss (1 oz)	28	9.4	6.0	114	30	176	
Cottage Cheese, lowfat 1% (1/2 cup)	113	1.2	0.7	82	5	459	
Cream Cheese (1 oz)	28	9.9	6.2	74	31	84	
Mozzarella, part skim (1 oz)	28	4.5	2.9	72	16	132	
Ricotta, part skim (1 oz)	28	2.2	1.4	39	9	35	
FATS and OILS							
Margarine-				<u>Poly. Fatty Acid</u>			
Corn Oil (1 tsp)	5	3.8	0.6	1.5	34	0	44
Diet (2 tsp)	10	3.8	0.6	1.5	33	0	51
Safflower Oil, tub (1 tsp)	5	3.8	0.4	2.1	34	0	51
Soybean, tub (1 tsp)	5	3.8	0.6	1.3	34	0	51
Butter (1 tsp)	5	4.1	2.5	0.2	36	11	41
Oil-							
Canola (1 tsp)	5	4.5	0.3	1.5	40	0	0
Corn (1 tsp)	5	4.5	0.6	2.7	40	0	0
Olive (1 tsp)	5	4.5	0.6	0.4	40	0	0
Safflower (1 tsp)	5	4.5	0.4	3.4	40	0	0
Peanut (1 tsp)	5	4.5	0.8	1.4	40	0	0
BREADS, CEREALS, PASTA							
Bagel, 1	100	2.6		296		360	
Bread, White (1 slice)	23	0.9	0.2	63		114	
English Muffin (half)	29	0.6		69		185	
Graham Crackers (4 squares)	228	2.6	0.6	110		190	
Saltine Crackers (10)	28	3.4	0.8	123		312	
Cornflakes (1 oz)	28	0.1	0.0	110	0	351	
Granola (1 oz)	28	7.7	1.4	138		3	
Oatmeal, quick/instant (1 cup)	234	2.4	0.4	145	0	1	
Noodles, Chow Mein (1 cup)	45	10.6	2.0	220	5	450	
Egg Noodles (1 cup)	160	2.4		200	50	3	
Rice, Cooked (1 cup)	205	0.2		223	0	4	
Spaghetti (1 cup)	140	0.6	0.0	155		1	
FRUITS and VEGETABLES							
Vegetables-are low in fat and saturated fat							
(1/2 to 1 cup)							
Apple, raw (1)	138	0.5	0.1	81	0	1	
Banana, half	57	0.3	0.1	53	0	2	
Cantaloupe (1 cup)	160	0.4	0.0	57	0	14	
Grapefruit (half)	123	0.1	0.0	37	0	0	
Grapes (15)	36	0.1	0.0	23	0	0	
Orange (1)	131	0.2	0.0	62	0	0	
Strawberries (1 1/4 cup)	186	0.7	0.0	56	0	3	
Watermelon (1 1/4 cup)	200	0.9	0.0	63	0	4	

CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange; texture firm to crumbly.	In sandwiches, casseroles, soufflés, and creamy sauces. With fruit pie or crisp crackers; on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses veined with blue or blue-green mold. Sometimes crumbly. Mild to sharp salty flavor. (Stilton is similar, but like a blue-veined Cheddar.)	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (<i>bree</i>)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert (<i>kam'em bear</i>)	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese—serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unopened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruits.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside; firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Feta (<i>sheep's</i> or <i>goats</i>)	Block, white/salty. Lower in fat than most cow's milk cheese.	Soaking the cheese in cold water and draining removes some of the salt.
Havarti (<i>cream enriched cows</i>)	Buttery may. May be flavored with dill or caraway.	Good on deli trays, crackers.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is creamy white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Monterey Jack	Wheel or block. Light yellow. Mild semi-soft to hard (depends on aging).	Mexican dishes or casseroles.
Mozzarella Scamorze	Unopened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagna; good in toasted sandwiches, hot snacks.
Muenster (<i>Mun' stir</i>)	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.
Neufchâtel (<i>whole or skim cows</i>)	Block. White. Soft and creamy. Mild slightly tangy.	Use in salads, sandwiches, and desserts.
Parmesan, Romano	Sharp, piquant, very hard cheeses. Come in shakers graded. (Parmesan is also available shredded.) Or grate your own.	Sprinkle on pizza, main dishes, breads, salads soups. Shake over buttered pop corn!
Port du Salut (<i>por du sa lu'</i>)	Semisoft, smooth and buttery. Mellow to robust flavor between Cheddar and Limburger.	Dessert cheese—delicious with fresh fruit; great with apple pie. Good for snack tray.
Provolone (<i>pro va lo' nee</i>)	Usually smoked, mild to sharp flavor. Hard, compact and flaky. Pear or sausage shaped.	Use in Italian dishes, in sandwiches, on snack and appetizer trays.
Ricotta	Mild, sweet, nutlike. Flavor soft, moist texture with loose curds.	Salads, lasagna, desserts.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy; melts easily. May be flavored.	Ideal for cheese sauces, soufflés, grilled cheese sandwiches. In casseroles. Handy for the snack tray, too.

RECOMMENDED STORAGE PERIODS FOR DRY GOODS

BAKING MATERIALS

Baking powder	8 to 12 months
Chocolate, baking	6 to 12 months
Chocolate, sweetened	2 years
Cornstarch	2 to 3 years
Yeast, dry	18 months
Baking soda	8 to 12 months

BEVERAGES

Coffee, ground, vacuum packed	7 to 12 months
Coffee, ground, not vacuum packed	2 weeks
Coffee, instant	8 to 12 months
Tea, leaves	12 to 18 months
Tea, instant	8 to 12 months
Carbonated beverages	Indefinitely

CANNED FOOD

Fruits, acidic (berries)	6 to 12 months
Fruit juices	6 to 9 months
Seafood (general)	1 year
Soups	1 year
Vegetables (general)	1 year
Vegetables (tomatoes, sauerkraut)	7 to 12 months

FATS AND OILS

Mayonnaise	2 months
Salad dressings	2 months
Salad Oil	6 to 9 months

GRAIN PRODUCTS

Cereal, to be cooked	8 months
Cereal, ready to eat	6 months
Flour	9 to 12 months
Macaroni	3 months
Mixes, prepared	6 months
Rice, parboiled	9 to 12 months
Rice, brown or wild	Should be refrigerated

SEASONINGS/SWEETENERS

Mustard, prepared	4 months
Salt	Indefinite
Spices	2 years to indefinite
Vinegar	2 years
Sugar/granulated & powdered	Indefinite
Brown Sugar	Should be refrigerated
Syrups	1 year

MISCELLANEOUS

Cookies/crackers	1 to 6 months
Dried fruits	6 to 8 months
Jams, jellies	Should be refrigerated
Nuts	1 year
Pickles	1 year
Potato chips	1 month

UNDERSTANDING LABELS

LABEL CLAIM

MUST MEAN

LOW FAT

A food with 3 grams of fat or less per serving. To make sure that this claim won't be made for high fat foods that are served in small portions, the food must also have 3 grams fat or less per 100 grams.

X % FAT FREE

The food is truly low in fat.

LIGHT, LITE

The food has one-third fewer calories than a comparable product. Other senses of "light"-for color, taste, or smell-must be clearly explained.

CHOLESTEROL FREE

One serving has less than 2 milligrams of cholesterol and 2 grams or less of saturated fat. The fat requirement insures that food with lots of fat from plant sources, like peanut butter, can no longer make this claim. Foods that never contain cholesterol-must underscore that fact, if they choose to make the claim.

LOW CALORIE

A food with fewer than 40 calories per serving and per 100 grams.

FRESH

The food is raw, not processed, frozen, or otherwise preserved.

HIGH IN...

One serving must provide 20% or more of the recommended daily intake for the stated nutrient. In the case of fiber claims, the label must declare the total fat content if a serving also packs more than 3 grams of fat.

A SOURCE OF...

Per serving, such a food must provide 10 to 19 percent of the daily quota for the stated nutrient.

LOW SODIUM

The food contains less than 140 milligrams per serving and per 100 grams. Foods claiming to be sodium free or salt free must contain less than 5 milligrams of sodium per serving.

(NUTRIENT)-FREE

The food contains a nutritionally trivial amount of the named nutrient.

SAVE THE ENVIRONMENT - IT STARTS AT HOME

Cleaning up the environment is the duty to all of us, one person recycling does make the difference.

- Buy products that can be recycled.
- Do not purchase over-packed products/or complain to the manufacturer.
- Buy products that are concentrated that can be diluted with water.
- Reuse paper bags/plastic bags when shopping.
- Buy non-toxic products.
- Monthly maintenance of changing furnace filters help keep the air clean.
- Purchase pump containers rather than aerosol dispensers.
- Purchase batteries that can be recharged.
- Use cloth diapers.
- Recycle old clothes by selling or donating.

PURCHASE PAPER PRODUCTS WITH THIS RECYCLING SYMBOL, INDICATES THAT THE ITEM IS MADE FROM RECYCLED PAPER.

PAPER PRODUCTS THAT ARE RECYCLABLE HAVE THIS SYMBOL.



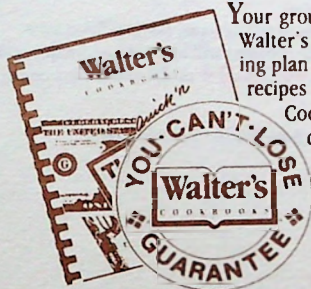
PLASTICS CHART



HDPE

CODE	MATERIAL	EXAMPLES	MARKETS FOR THE RECYCLED MATERIALS
1	Polyethylene terephthalate (PET)	Soft drink bottles	Skis, surfboards, sailboat hulls, carpeting, fiberfill, paint brushes
2	High-density polyethylene (HDPE)	Milk, water jugs	Drain pipes, boat piers, traffic cones, signs, toys, flower pots, garden furniture, curb stops, portable toolboxes
3	Vinyl	Shampoo bottles	Truck bed inserts, industrial flooring.
4	Low-density polyethylene (LDPE)	Ketchup bottles	Mixed plastics: Insulation, office accessories
5	Polypropylene	Squeeze bottles	Park benches, fencing, car stops, boat docks
6	Polystyrene	Fast-food packaging	
7	Other		

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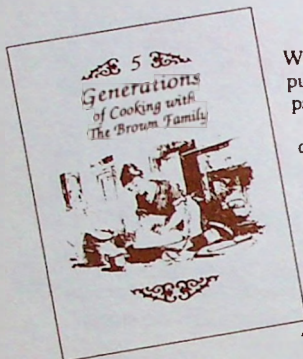
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